

AD-A009 733

MEAT ENTREE ITEM PRODUCTION GUIDES DEVELOPED
FOR USE IN FORT LEE INTERIM CENTRAL FOOD PREPARATION
FACILITY

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Natick, Massachusetts

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<p>This report contains production guides for meat entree items developed specifically for use in the Fort Lee Interim Central Food Preparation Facility. The entrees, selected from a 21-day menu developed by Fort Lee and Natick Laboratories personnel, are described in terms of ingredients, and weight of each, and the procedures for their preparation. The entrees provide 100 portions each. In addition to conventional dishes, for example, beef stew, there are a number of items that will be available in the short</p>		

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20. Abstract (con't)

order house, e.g., Sloppy Joes, or in the Specialty House, e.g., teriyaki steaks. Ethnic foods are also included.

Tempering procedures are described and also the requirements for reheating times and temperatures. By adhering to the guidelines for reheating as given in the individual production guides, satisfactory results can be predicted. Extensive testing was conducted, followed by numerous reformulations. A principal goal was to streamline the cooking process in order that institutional type machinery could be used.

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FOREWORD

In 1969 the DOD Facilities and Equipment Planning Board accomplished an on-site survey of military garrison feeding facilities in the United States. As a result of this survey, the Board created, with DOD and Army approval, a project to study, define, and then implement a new, modern food service system at Ft. Lewis, Washington. In November 1970 an overall study effort was initiated at Natick Laboratories under Project Number LJ662713AJ45, Systems Studies in Military Feeding. As part of this study, an experiment was conducted using a centralized food preparation facility at Fort Lewis, Washington, to supply prepared foods to six dining halls.

As a result of the study the decision was made to implement Central Food Preparation Systems (CFPS) which include a central food preparation facility (CFFP) and central warewashing at various Army parts where applicable. The responsibility for implementation was assigned to the US Army Troop Support Agency (USATSA), Fort Lee, Virginia. Since the new systems would require technical expertise in many areas not currently covered by USATSA, Natick Laboratories was requested to supply this expertise.

As part of the CFPS implementation, an interim CFFP was planned for Fort Lee to gain operational experience and to further refine techniques. Natick Laboratories was requested to supply production guides for menu items proposed for use in the new system and, in turn, the responsibility was assigned to the Food Engineering Laboratory.

This report contains production guides for entree items as developed by the Food Engineering Laboratory. These guides were developed and tested based upon specific equipment projected for use in the Fort Lee Interim CFFP using a basically frozen system. Experience indicates that operational conditions will dictate changes once operations start, but they should be only minor in nature.

The following personnel listed alphabetically were contributors to the efforts covered in this report:

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(PFC) Jere Mitchell
Miss Patricia Ann Prell
Mr. Justin M. Tuomy
Miss Virginia M. White

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INTRODUCTION

The purpose of this document is to establish interim guide lines for entree food items that will be used in the Fort Lee Central Food Preparation Facility. The entrees were selected from a 21 day menu that was developed through joint efforts between Natick Laboratories and Fort Lee personnel.

All recipes were taken from the Armed Services Recipe File. However, it was found necessary to reformulate practically every entree item that was to be frozen. Special starches and raw materials were utilized to make these products freeze-thaw stable. As a test on reformulation a technical panel was assigned to evaluate the entrees. Upon their approval the entrees were placed in storage at (-18°C) for sixty days and evaluated at the end of this period by a consumer panel.

Procedural changes were made to streamline the cooking process so that institutional type machinery could be used. It is realized that the equipment available and layouts of each operation will be variable. Therefore, procedures will have to be flexible.

The production guides were set up to accommodate batch sizes of 100 portions with percentage of ingredients, pounds, grams and a step by step procedure. Since the formula size is in 100 portions it will be easy to factor the batch size required for the particular need at the time. Guides are intended for both pounds and grams to be used where appropriate. For instance, it would be easier to weigh seasonings in grams where by larger quantities such as meat will be weighed in pounds. The weight in pounds is limited to the second decimal. As a result the lowest weight is 0.01 pounds. This limitation has produced a variation in grams at 0.01 pounds from 1 to 6. This discrepancy will be noted in many of the guides. All pounds were rounded off at 454 grams per pound rather than the actual 453.59 grams.

These production guides are to be used only as the name implies as guides. The intent is to provide documents that can adapt to the actual CFPF operation, personnel and equipment. Proposed changes should be sent to Program Manager for CFPS, U.S. Army Natick Laboratories, Natick, Mass. 01760 so that amended guides may be published formally.

TEMPERING PROCEDURES

All meats that will be used in the CFPF operation will need a certain amount of tempering. Tempering means that the temperature will be controlled to produce minimal drip loss and yet keep the meat workable, that is to say it can be weighed, cut, mixed or whatever other procedures are required.

To attain a good temper, air flow is of extreme importance. Therefore, "spacers" must be put between the layers on the pallet. This will enable the air to circulate around the boxes, giving a more even temper. The air velocity from the fans, the temperature of the room, the size of the frozen containers, and the temperature at which the meat is frozen will affect the tempering rate. All of these factors will have to be considered when tempering large quantities of meat.

In order to establish times to start tempering, recordings will have to be taken of the room temperature, product temperature and any conditions that would affect the tempering rate. Only through these previous records can accurate tempering times be determined.

REHEATING TIMES AND TEMPERATURES

The reheating times of frozen entrees will have to be monitored carefully in order that certain conditions can be studied under actual operation. Among these are: oven temperatures throughout the oven, temperature of product when going into the oven, air flow within the loaded oven, number of times the door is opened, and recovery of oven. Until these specific conditions are determined the heating times will only be an estimate. At present it is taking approximately 60-75 minutes at 350°F (176°C) to reheat a 5-lb frozen entree to 160°F (71°C) internally when using a convection oven with a maximum of 6 casseroles being heated at one time.

The reheating temperature of the casseroles should be ascertained for each casserole. However, as a general rule, these items precooked should be required to reach an internal temperature of 160°F (71°C). It should be noted that 160°F internally is the temperature in the center of the product. The temperature around the outside edges will be in excess of 160°F (71°C). Therefore, upon equilibrium, the overall product temperature will be within the range of a good serving temperature. Products that have not been fully cooked should be heated to no less than 160°F (71°C) internally to insure that they are fully cooked and safe to consume.

By using the guidelines for reheating as given in the individual production guides, acceptable results will be attained.

Baked Beef with Noodles

L-17

Yield: 100 portions

Each portion: 1-1/4 cups (300ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, diced	45.61	30.00	13620	1. Brown beef in steam kettle, mixing slowly to brown all sides of dices. Drain liquid and discard. Add 1/2 the required water; cover, simmer for approximately 1 hour.
Noodles, dry	6.08	4.000	1816	2. Approximately 1/2 hour prior to completion of beef cook, start cooking noodles in a separate steam kettle. Use approximately 100gm salt/6 gallons water and cook until slightly undercooked. After cooking, rinse well.
Flour, wheat, pastry	1.90	1.25	568	3. Mix starch and flour with the remaining water to make a slurry. Then include the remaining seasonings.
Col-Flo 67, starch	1.90	1.25	568	
Soup & Gravy base, beef	1.33	0.88	400	4. Pour starch-flour and seasoning mixture into kettle stirring constantly. Heat until mixture thickens (cook for 15 minutes).
Salt, table	0.38	0.25	114	
Pepper, black	0.03	0.02	9	
Tomato catsup	1.52	1.00	454	
Water, tap	41.25	27.13	12317	
				5. Add noodles and blend. Adjust to 7.8 gallons (29.5 liters).
				6. Weigh 5 lbs (2270g) into 1/2 steam table pans.
				7. Cover, label and freeze in blast freezer.
Total	100.00	65.78	29866	

Notes: 1. Reheating - A. Reconstitute in convection oven at 325°F(163°C) until internal temperature reaches at least 160°F(71°C). Do not loosen or remove cover. OR
B. Reconstitute in 15 steam cooker until internal temperature reaches at least 160°F(71°C). Do not loosen or remove cover.

2. Each 1/2 steam table will serve 10 portions.

Baked Beef with Noodles

L-17

Meat

1. Beef, boneless, diced - FSN-8905-290-131-6580
MIL-B-0035079 (GL)

Dairy, Eggs & Condiments

2. Catsup, tomato - FSN-8950-12630-127-9789
FED-JJJ-C-91, Type I or II, Flavor style I
3. Flour, wheat, pastry - FSN-9820-7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2.
4. Noodles, dry - FSN-8920-7470-126-3388
FED-N-N591
5. Soup & gravy base, beef - FSN-8935-10310-753-6423
MIL-S-43690, Type I
6. Pepper, black - FSN-8950-13360-127-8067
FED-EE-S-631, Type II
7. Salt, table - FSN-8950-13680-262-8886
FED-SS-S-31

Special

8. Col-Flo-67 - Special Procurement

Barbecued Beef Cubes

L-18

Yield: 100 portions

Each portion: 6 oz (180ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, bonelass, diced, 1 inch by 1 1/2 inch pieces	54.81	30.00	13620	1. Dredge beef in seasoned flour; shake off excess.
Flour, wheat, pastry	1.83	1.00	454	2. Brown beef cubes in hot shortening in steam kettle.
Pepper, black	0.02	0.01	6	3. After browning, drain liquid and discard.
Salt, table	0.24	0.13	59	
Shortening, melted	3.65	2.00	908	
Water, tap	27.41	15.00	6810	4. Add one half of water to beef and simmer for 55 minutes covered.
Onions, dehydrated, sliced	0.91	0.50	227	5. Combine all dry seasonings, starch, tomato paste, Worcestershire sauce, hot sauce and remaining water. Mix well and simmer 25 minutes or until meat is tender.
Chili powder	0.26	0.14	64	
Mustard, ground, dry	0.15	0.08	36	
Sugar, light brown	0.47	0.26	118	
Salt, table	0.24	0.13	59	
Col-Flo-67 starch	1.09	0.60	272	
Tomato paste (26% solids)	6.94	3.80	1725	
Worcestershire sauce	0.48	0.26	118	
Hot sauce, tabasco	0.11	0.06	28	
Vinegar, cidar (4%)	1.39	0.76	345	6. Add vinegar, mix well bring volume back to 5.25 gallons (19.9 liters) with hot water. 7. Place 5 lbs. 4 oz (2384g) in each 1/2 steam table pan. 8. Cover, mark and freeze.
Total	100.00	54.73	24849	

Notes:

1. Formula yields 8 pans.
2. Four lbs (1816g) of fresh onions may be substituted in step 5.
3. One gallon weighs 8 lbs (3632g) each cup weighs 8 oz (227g).
4. Reconstituted at 350°F (177°C) convection oven, covered, 160°F (71°C) internal temperature (1 hour, 20 minutes).
5. Each pan yields 14 portions.

BBQ BEEF CUBES

L-18

MEAT:

1. Beef, boneless, diced - FSN 8905-290-151-6580
MIL-B-0035079 (GL)

VEGETABLE

2. Onion, dehydrated chopped - FSN 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)
3. Tomato paste - FSN-8915-5910-127-9303
FED-JJJ-T-00579 (AGR C&MS) Type I or II, Conc. (E) or (C), Texture
1 or 2.

DAIRY, EGGS AND CONDIMENT

4. Flour, wheat, pastry - FSN 8920-7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2.
5. Hot sauce - FSN 8950-13130-926-9939
MIL-H-35021
6. Sugar, brown - FSN-8925-8670-566-7506
FED-JJJ-S-00791 (Army - GL), Type II, Class (A), (B), or (C)
7. Chili powder - FSN 8950-12690-753-2962
MIL-C-3394
8. Mustard, dry - FSN - 8950-13200-170-8047
FED-EE-S-631, Type II
9. Pepper, black - FSN-8950-13360-127-8067
FED-EE-S-631, Type II.
10. Salt, table - FSN - 8950-13680-262-8886
FED-SS-S-31
11. Vinegar, cider - FSN - 8950-13760-221-0297
FED-Z-V-401, Type I, Strength (B)
12. Worcestershire sauce - FSN - 8950-13790-082-6177
FED-EE-W-00600 (Army - GL)

SPECIAL

13. Col-Flo-67 - Special Procurement

Beef Pot Pie

L-21

Yield: 100 portions

Each portion: 1 cup (240 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, diced	34.56	30.00	13620	1. Brown beef in steam kettle in its own fat, stirring slowly). Drain and discard fat. 2. Add 1/2 the required water to the browned beef. Cover, simmer for approximately 1 hour.
Flour, wheat, pastry	0.58	0.50	227	3. Combine remaining water with starch and flour to make a slurry.
Col-Flo-67, starch	0.69	0.60	272	
Pepper, black	0.03	0.03	14	4. Add slurry, salt, sugar, pepper and onions to steam kettle. (Mixer on slow speed).
Sugar, white granulated	0.22	0.19	86	
Salt, table	0.88	0.76	345	5. Heat to thicken starch. (Cook for 15 minutes at 200°F.)
Onions, dehydrated chopped	0.44	0.38	173	
Juice, tomato, canned	14.13	12.26	5566	6. Add carrots and tomato juice. Cook carrots for about 10 minutes then add potatoes.
Carrots, fresh, sliced 1/2"	9.23	8.01	3637	
Potatoes, 1-1/2" pieces	13.83	12.00	5448	7. Cook potatoes until slightly undercooked.
Water, tap	25.41	22.06	10015	
				8. Adjust volume to 7.5 (28.41) gal/100 portions.
				9. Weigh 5 lbs (2270g) per half steam table pan (serves 8).
				10. Add cooked dough. (See topping procedure).
				11. Cover, label and place in blast freezer.
Totals	100.00	86.79	39403	

Notes:

1. Reheating - Reconstitute in convection oven at 325°F (163°C) until internal temperature reaches at least 160°F (71°C). Then remove cover for 15 minutes or until topping is browned.
2. Five pounds (2270g) serves 8 men.

Beef Pot Pie

L-21

Meat

1. Beef, boneless, diced - FSN-8905-290-151-6580
MIL-B-0035079 (GL)

Vegetable

2. Carrots, fresh - FSN-8915-3580-127-8019
FED-HHH-C-81
3. Juice, tomato canned - FSN-8915-4530-255-0523
FED-JJJ-J-798, Type I
4. Onions, dehydrated, chopped - FSN-8915-4720-128-1179
FED-JJJ-O-5-3, Style 1, Color (A)
5. Potatoes, white, fresh - FSN-8915-5470-616-0220
FED-HHH-P-622

Dairy, Eggs & Condiments

6. Pepper, black - FSN-8950-13360-127-8067
FED-EE-S-631, Type II
7. Salt, table - FSN-8950-13680-262-8886
FED-SS-S-31
8. Sugar, granulated - 8925-8740-127-3074
FED-JJJ-S-00791 (Army-GL), Type I, Class (A)
9. Flour, wheat, pastry - FSN-8920-7287-165-7898
FED-N-F-481, Type IV, Class B. Style 2

Beef Pot Pie Topping

Ingredients	Percentage	Pounds	Grams	Procedure
Flour, wheat, pastry sifted	46.60	2.33	1057	1. Mix dry ingredients together.
Milk, non-fat, dry	2.98	0.15	68	
Baking powder	2.08	0.10	46	
Salt, table	0.90	0.05	23	
Sugar, white granulated	1.00	0.05	23	
Shortening, 100 hour	15.52	0.78	354	2. Blend shortening into dry ingredients until mixture resembles coarse crumbs. Do not over mix.
Water, cold, tap	30.92	1.55	704	3. Gradually add cold water and mix only enough to form a soft dough. 4. Place dough on a lightly floured board, kneading lightly about 1 minute or until dough is smooth.
				5. Roll out to a uniform thickness of 1/4 inch. 6. Cut into 2 3/4-inch diameter biscuits. 7. Bake for 15 minutes in a preheated 425°F (118°C) revolving oven. 8. When baked, place 8 biscuits evenly over top of each 1/2 steam table pan.
Total	100.00	5.01	2275	

Beef Pot Pie Topping

Dairy, Eggs & Condiments

1. Baking powder - FSN 8950-12530-125-6333
FED-EE-B-25, Type 1
2. Flour, wheat, pastry - FSN 8920-7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2
3. Milk, nonfat, dry - FSN 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified
4. Shortening - FSN 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
5. Sugar - FSN 8925-8740-127-3074
FED-JJJ-S-00791 (Army-GL), Type I, Class (A)
6. Salt, table - FSN 8950-13680-262-8886
FED-SS-S-31

Yield: 100 portions

Beef Stew

L-22

Each portion: 10 oz (284g)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, diced, 1-inch by 1 1/2-inch pieces	35.60	30.00	13620	1. Dredge diced beef in seasoned flour, shake off excess. 2. Place dredged beef in steam kettle with one half the amount of water listed. Brown meat and simmer 55 minutes.
Flour, wheat, pastry	0.60	0.50	227	
Salt, table	0.41	0.35	159	
Pepper, black	0.03	0.02	10	
Sugar, white, granular	0.24	0.20	90	
Water, tap	29.66	25.00	11350	
Salt, table	0.41	0.35	159	3. Combine remaining water with salt, thyme, bay leaves and starch. Mix well and add to simmered beef.
Thyme, ground	0.01	0.01	5	
Bay leaves, ground, fine	0.01	0.01	2	
Col-flo-67 starch	0.52	0.44	200	
Carrots, fresh, 1/2-inch rings	9.49	8.00	3632	4. Add all vegetables to simmered beef and seasonings, mix well and simmer 15 minutes (undercook vegetables). 5. Bring volume back to 8 gallons (30.2 l) with hot water. 6. Place 5 pounds, 10 oz (2554g) in each steam table pan. 7. Cover, mark and freeze.
Calery, fresh, 1-inch pieces	4.75	4.00	1816	
Onions, dehydrated, sliced	0.48	0.40	182	
Potatoes, fresh, white, 1-inch to 1 1/2-inch pieces	9.49	8.00	3632	
Tomatoes, whole, canned	8.30	7.00	3178	
Total	100.00	84.28	38262	

Notes:

1. Batch yields 10 pans, each pan feeds 10 men.
2. Three pounds of fresh onions may be substituted in step 4.
3. Reconstitute in a convection oven covered at 325°F (163°C) to an internal temperature of 160°F (71°C) (1 hour, 15 minutes).
4. Weight per gallon 7.5 lbs (3405g), weight per cup 7.5 oz. (213g).

Beef Stew

L-22

Meat:

1. Beef, boneless, diced - 290-151-6580
MIL-B-0035079 (GL)

Vegetables

2. Carrots, fresh - 8915-3580-127-8019
FED-HHH-C-81
3. Celery, fresh - 8915-3630-252-3783
FED-HHH-C-00191 (AGR - C&MS)
4. Onions, dehydrated, sliced - 8915-4740-128-1171
FED-J_J-O-533, Style 3, Color (A)
5. Potatoes, fresh, white - 8915-5470-616-0220
FED-HHH-P-622
6. Tomatoes, canned, whole - 8915-5870-582-4060
FED-JJJ-T-571, Type I

Dairy, Eggs and Condiments

7. Flour, wheat, pastry - FSN 8920-7287-165-6898
FED-N-F-481, Type IV, Class B. Style 2.
8. Sugar, granulated - 8925-8740-127-3074
FED-JJJ-S-00791 (Army - GL), Type I, Class (A)
9. Bay leaves - 8950-12560-170-9561
FED-EE-S-631, Type I.
10. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
11. Salt, table - 8950-13680-262-8886
FED-SS-S-31
12. Thyme - 8950-13750-616-5483
FED-EE-S-631, Type II

Special

13. Col-Flo-67 Special Procurement

Beef with Vegetables

L-17

Yield: 100 portions

Each portion: 1 cup (240 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, diced	47.55	30.00	13620	1. Brown diced beef in an appropriate size steam kettle making certain to brown all sides. Use mixer to turn dices. After browning drain liquid and discard. 2. Add salt, pepper, and the water to steam kettle containing beef. 3. Cover, simmer for 1 hour or until tender.
Pepper, black	0.02	0.01	5	
Salt, table	0.40	0.25	114	
Water, tap	26.60	16.71	7586	
Carrots, fresh, chopped	4.76	3.00	.362	4. Add carrots, onions, peppers and tomatoes.
Onions, dehydrated, sliced	1.19	0.75	341	
Peppers, sweet, fresh chopped	0.79	0.50	227	5. Cook until carrots are slightly undercooked.
Tomatoes, canned	10.11	6.37	2892	
Flour, wheat, pastry	0.78	0.49	223	6. Mix water with flour and starch.
Col-Flo-67, starch	1.00	0.63	286	
Water, tap	6.80	4.28	1943	7. Blend into beef and vegetables stirring constantly.
				8. Adjust volume to 6.25 gallons (23.7 l). Heat until mixture thickens. (Cook 5 minutes).
				9. Weigh into 1/2 steam table pans (5 lbs (2270 g) each).
				10. Cover, label and freeze in blast freezer.
Total	100.00	62.99	27237	

Notes:

- Reheating - A. Reconstitute in convection oven at 350°F (176°C) until internal temperature reaches at least 160°F (71°C). Do not loosen or remove cover. OR
B. Reconstitute in 15 psi steam cooker with above conditions.
- Five pounds (2270 g) serves 10 men.
- May use 5 lbs (2274 g) of frozen quartered onions instead of dehydrated onions.

Beef with Vegetables

L-19

Meat

1. Beef, boneless, diced - FSN-8905-290-151-6580
MIL-B-0035079 (GL)

Vegetable

2. Carrots, fresh - FSN-8915-3580-127-8019
FED-HHH-C-81
3. Onions, dehydrated, chopped - FSN-8915-4720-128-1179
FED-JJJ-O-533
4. Tomatoes, canned, whole - FSN-8915-5870-582-4060
FED-JJJ-T-571
5. Peppers, sweet, fresh - FSN-8915-5150-127-8006
FED-HHH-P-246

Dairy, Eggs & Condiments

6. Flour, wheat, pastry - FSN-8920-7287-165-6898
FED-N-F-481, Type IV, Class B. Style 2.
7. Pepper, black - FSN-8950-13360-127-8067
FED-EE-S-631
8. Salt - FSN-8950-13680-262-8886
FED-SS-S-31

Special

9. Clo-Flo-67 - Special Procurement

Braised Beef Cubes

L-148

Yield: 100 portions

Each portion: 2/3 cup (180 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, diced raw	51.61	30.00	13620	1. Brown diced beef in a suitable size steam kettle (mixer on slow speed). After thoroughly browned turn off steam and drain fat from kettle.
Salt, table	0.21	0.12	55	2. Deposit 1/2 the required water, onions, garlic, salt, pepper, soup and gravy base, thyme and bay leaves in the kettle with the meat. Cover and simmer for 1 hour or until meat is tender. Stir occasionally. (Small amounts of water may be added periodically to aid in cooking.)
Pepper, black	0.02	0.01	5	
Onion, dehydrated, chopped	0.86	0.50	207	
Garlic, dehydrated, powder	0.02	0.01	5	
Soup & Gravy base, beef	1.00	0.58	263	
Thyme, ground	0.01	0.01	4	
Bay leaves, ground	0.01	0.01	4	
Water, tap	42.84	24.90	11305	
Col-Flo-67, starch	2.56	1.49	676	3. Mix remaining water with starch and flour, to make a slurry.
Flour, wheat, pastry	0.86	0.50	227	4. Blend starch-flour slurry into meat mixture and cook until starch thickens (approx. 5 minutes).
				5. Adjust volume with hot water to 4.25 gallons (16.1 l). Blend thoroughly.
				6. Weigh 15 lbs (2270 g) of product into 1/2 steam table pans.
				7. Cover, label and freeze in blast freezer.
Total	100.00	58.13	26371	

Notes:

1. Reheating - A. Reconstitute in a convection oven at 350°F (176°C) until internal temperature reaches at least 71°C. Do not loosen or remove cover. OR
B. Reconstitute in 15 psi steam cooker with above conditions.
2. Five pounds (2270 g) serves 14 men.

Braised Beef Cubes

L-148

Meat

1. Beef, boneless, dried - FSN-8905-290-151-6580
MIL-B-0035079 (GL)

Vegetable

2. Onions, dehydrated, chopped - FSN-8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)
3. Garlic, powder - FSN-8915-4110-616-5465
MIL-G-35008

Dairy, Eggs & Condiments

4. Flour, wheat, pastry - FSN 8920-7287-165-6898
FED-N-F-481, Type IV, Class B. Style 2
5. Soup & gravy base, beef - FSN-8935-10310-753-6423
MIL-S-43690, Type I
6. Bay leaves - FSN-8950-12560-170-9561
FED-EE-S-631, Type II
7. Pepper, black - FSN-8950-13360-127-8067
FED-EE-S-631, Type II
8. Salt, table - FSN-8950-13680-262-8886
FED-SS-S-31
9. Thyme - FSN-8950-13750-616-5483
FED-EE-S-631, Type II

Special

10. Col-Flo-67 - Special Procurement

Baked Lasagna

L-25

Yield: 100 portions

Each portion: 10 oz (284 g)

Temperature: 325°F (163°C) oven

Ingredients	Percentage	Pounds	Grams	Procedure
<u>Sauce</u>				
Beef, boneless, ground	17.75	11.25	5107	1. Add oil to steam kettle, spread evenly on inside to prevent meat sticking. 2. Add ground beef and heat until meat loses red color. Hold for step 3. Excess fat may be drained (optional).
Oil or shortening	0.32	0.20	91	
Tomato paste, canned	14.20	9.00	4086	
Tomatoes, crushed, canned	18.94	12.00	5448	3. Combine all seasoning ingredients together in steam kettle containing cooked ground beef, mix thoroughly. 4. Heat to a boil and simmer 30 minutes with occasional stirring.
Water, tap	15.78	10.00	4540	
Bay leaves, ground, fine	0.01	0.01	1	
Oregano, ground	0.06	0.04	20	5. Bring volume back to 4.75 gallons (18.0 l) with hot water. Reheat to (82°C). Hold for panning.
Pepper, cayenne, red	0.01	0.01	4	
Salt, table	0.40	0.25	114	
Sugar, granulated	0.40	0.25	114	
Pepper, black	0.01	0.01	4	
Onions, dehydrated, chopped	0.79	0.50	227	
Garlic powder	0.01	0.01	3	
Thyme, ground	0.04	0.03	12	
Col-Flo-57 starch	0.40	0.25	114	
<u>Filling</u>				
Eggs, whole, beaten	4.34	2.75	1248	6. Combine all filling ingredients, mix thoroughly and set aside for panning. Hold under refrigeration if not panned within 30 minutes.
Cheese, cottage, drained	10.26	6.50	2951	
Cheese, grated parmesan	1.18	0.75	341	
Parsley, dehydrated, flakes	0.03	0.02	8	
<u>Noodles</u>				
Noodles, lasagna, whole, dry	7.10	4.50	2043	7. Add 10 gallons (37.8 l) of water to steam kettle, mix in salt, oil and heat to a boil. 8. Add noodles and cook with constant stirring until tender (18-20 minutes). 9. Rinse thoroughly with cold water, drain, and set aside for panning.
Salt, table	0.49	0.31	140	
Oil, vegetable	0.40	0.25	114	
<u>Cheese</u>				
Cheese, Mozzarella, sliced	5.13	3.25	1476	10. Set cheeses aside for panning. 11. Pan according to instructions. 12. Heat pans of covered lasagna in a 325°F (163°C) oven to an internal temperature of (74°C) (30 minutes) 13. Cover, mark and freeze
Cheese, grated, parmesan	1.95	1.25	568	
Total	100.00	63.39	28774	

Panning Instructions

Layer 1 = Sauce, 1 lb (454g), spread evenly over bottom of 1/2-size steam table pan.
 Layer 2 = Noodles, 6 oz (170g), spread evenly over sauce.
 Layer 3 = Filling, 6 oz (170g), spread evenly over noodles.
 Layer 4 = Mozzarella cheese, 2 oz (56g), spread evenly over filling.
 Layer 5 = Sauce, 1 lb (454g), spread evenly over cheese.
 Layer 6 = Noodles, 6 oz (170g), spread evenly over sauce.
 Layer 7 = Filling, 6 oz (170g), spread evenly over noodles.
 Layer 8 = Mozzarella cheese, 2 oz (56g), spread evenly over filling.
 Layer 9 = Noodles, 6 oz (170g), spread evenly over cheese.
 Layer 10 = Sauce, 1 lb (454g), spread evenly over noodles.
 Layer 11 = Parmesan cheese, 1-1/2 oz (43g), spread evenly over sauce.

Notes:

1. Four and one quarter pounds (1930g) of fresh onions may be used to replace dehydrated onions in step 3.
2. One and one-half ounces (43g) of fresh parsley leaves may be used to replace dehydrated parsley in step 6.
3. Formula makes 13 pans, each pan contains 8 servings (10 oz or 284g).
4. Reheat pans covered in convection oven at 325° or 163°C to an internal temperature of 160°F (71°C) (1 hour, 20 minutes). Allow reheated pans to stand at room temperature uncovered for 15 minutes before cutting to allow sauce to firm.
5. Sauce weighs 9.4 lbs per gallon (1108g).
6. Each pound of dry lasagna noodles cooks to 3.1 lbs (1407g).
7. Five 36-oz (1021g) cans of canned tomato juice concentrate may be substituted for tomato paste in step 3.

Baked Lasagna**Meat:**

1. Beef, boneless, ground - 8905-31C-285-2075
MIL-B-003854 (GL) Type I

Vegetable

2. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008
3. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-0-533- Style 1, Coler (A)
4. Parsley, dehydrated, flakes - 8915-4830-975-0530
MIL-P-35090
5. Tomatoes, canned, whole - 8915-5870-582-4060
FED-JJJ-T-51, Type I
6. Tomatoes, canned, paste - 8915-5910-127-9303
FED-JJJ-T-00579 (AGR - C&MS) Type I or II, Conc. (B) or (C), Texture 1 or 2.

Dairy, Eggs and Condiment:

7. Cheese, cottage - 8910-2000-126-3406
FED-C-C-281, Type I or II, Class (A) or (B)
8. Cheese, Mozzarella - 8910-2040-782-2837
MIL-C-35088, Type I, Class 4.
9. Cheese, parmesan, grated - 8910-2030-782-3765
FED-C-C-285, Type I or III, Class 1 or 2.
10. Egg, whole, frozen - 8910-2180-127-8252
MIL-E-1037, Type I, Class 1, 2 or 3
11. Lasagna, noodles - 8920-7390-782-21
FED-N-M-0051 (Army - GL), Group I, Type A, Class I, Style A, Form ii.
12. Salad oil, vegetable - 8945-12240-616-0081
FED-JJJ-S-0030 (Army - GL) Type B
13. Sugar, granulated 8925-8740-127-3074
FED-JJJ-S-00791 (Army- GL), Type I, Class (A)
14. Bay leaves - 8950-12560-170-9561
FED-EE-S-631, Type I

Baked Lasagna (cont)

15. Oregano - 8950-13310-582-1402
FED-EE-S-631, Type II
16. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
17. Pepper, cayenne - 8950-13370-170-9565
FED-EE-S-631, Type II
18. Salt, table - 8950-13680-262-8886
FED-SS-S-31
19. Thyme - 8950-13750-616-5483
FED-EE-S-631, Type II

SPECIAL

20. Col-Flo-67 - Special Procurement

Cabbage Rolls

Yield: 100 portions

Ingredients	Percentage	Pounds	Grams	Procedure
Cabbage, fresh, heads	36.96	30.00	13620	1. Trim, wash and core cabbage. Cover and cook in boiling salted water for 7-10 minutes until leaves are pliable. 2. Drain; immerse in cold water to stop cooking. Separate leaves.
Bacon chopped	1.23	1.00	454	3. Rehydrate onions with prescribed water, and drain.
Onions, dehydrated	0.54	0.44	200	4. Saute chopped bacon in tilt fry pan; add rehydrated onions and saute also. Add dehydrated garlic.
Garlic, dehydrated, powder	0.01	0.01	4	
Water, tap	3.70	3.00	1362	
Beef ground	29.57	24.00	10896	5. Rehydrate rice with weighed amount of water.
Salt, table	0.39	0.31	141	6. Combine onion mixture, beef, salt, catsup, Worcestershire and rehydrated rice. Mix lightly but thoroughly.
Catsup, tomato	2.16	1.75	795	7. Place 2-1/2 oz.-(70 g) meat mixture on each leaf.
Worcestershire sauce	0.93	0.75	341	8. Fold sides of leaf over meat and roll tightly.
Rice, instant dry	1.85	1.50	681	9. Place seam side down in 1/2 steam table pans.
Water, tap	3.73	3.03	1376	10. Shred remaining cabbage and spread over top of rolls.
Tomato paste, (26% solids)	4.62	3.75	1703	11. Blend sauce ingredients together and pour equal amounts over cabbage - 16 oz/pan (454 g).
Sugar granulated	2.00	1.63	740	12. Bake for 1 hour in revolving 350°F (176°C) oven to 165°F internal temperature.
Lemon juice	1.23	1.00	454	13. Cover, mark and freeze.
Soup & gravy base (beef)	0.15	0.13	59	
Water, hot	10.93	8.88	4031	
Total	100.00	81.18	36857	

Notes:

1. Reheating - Reheat in 350°F (176°C) convection oven until product internal temperature is no less than 160°F. (71°C).

Cabbage Rolls

Meat

1. Bacon, slabbed - 8905-50-551-9908
FED-PP-B-0081 (Army-GL), Type II, Form B, Style 2, Class 2 or 3.
2. Beef, boneless, ground - 8905-310-285-2075
MIL-B-003854 (GL), Type I.

Vegetable

3. Cabbage, fresh - 8915-3530-616-0194
FED-HHH-C-26
4. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008.
5. Juice, lemon, instant - 8915-4380-124-1950
MIL-J-43430
6. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-0-533, Style 1, Color (A).
7. Rice, parboiled - 8920-7700-263-6425
FED-N-R-351, Class I.
8. Tomato, paste - 8915-5910-127-9303
FED-JJJ-T-00579 (AGR CtMS), Type I or II, Conc. (B) or (C), Texture 1 or 2.

Dairy, Eggs, & Condiment

9. Catsup, tomato - 0950-12630-127-9789
FED-JJJ-C-91, Type I or II, Flavor style I.
10. Soup & gravy base, beef - 8935-10310-753-6423
MIL-S-43690, Type I.
11. Sugar, granular - 8925-8740-127-3074
FED-JJJ-S-00791 (Army-GL), Type I, Class (A)
12. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II.
13. Salt, table - 8950-13680-262-8886
FED-S-S-S-31.
14. Worcestershire sauce - 8950-13790-082-6177
FED-EE-W-00600 (Army-GL).

Chili Macaroni

L-28-1

Yield: 100 portions

Each portion: 1-1/4 cup (300 ml)

Ingredients	Percentages	Pounds	Grams	Procedure
Macaroni, dry	12.72	6.00	2724	1. Cook the macaroni in 6 gallons of boiling salt-water for 10-15 minutes. Rinse, drain and cool. Set aside.
Salt, table	0.42	0.20	91	
Beef, boneless, ground	50.89	24.00	10896	2. Brown beef in appropriate steam kettle. After browning, drain liquid and discard.
Garlic, dehydrated, powder	0.01	0.01	5	3. Add dry seasonings, onions, tomato paste and canned tomatoes to meat. Mix thoroughly and simmer 20 minutes.
Onions, dehydrated, chopped	0.53	0.25	114	
MSG	0.05	0.02	9	
Paprika, ground	0.27	0.13	59	
Pepper, cayenne	0.01	0.01	5	
Salt, table	1.33	0.63	286	
Chili powder	0.79	0.37	168	
Bay leaves, ground	0.01	0.01	2	
Tomato paste, (26% solids)	7.09	3.34	1516	
Tomatoes, canned, crushed	25.88	12.21	5543	
Total	100.00	47.18	21418	4. Add macaroni, adjust volume to 8 gallons (30.2 l), blend and heat to 180°F (82°C). 5. Weigh 5 lbs (2270 g) of chili macaroni into each 1/2 steam table pan. 6. Cover, label and freeze in blast freezer.

Notes:

- Reheating - A. Reconstitute in convection oven at 350°F (176°C) until internal temperature reaches at least 160°F (71°C). Do not loosen or remove cover. OR
B. Reconstitute in 15 psi steam cooker with above conditions.
- Five pounds (2270 g) serves 7 men.

Chili Macaroni

L-28-1

Meat

1. Beef, boneless, ground - FSN-8905-310-285-2075
MIL-B-003854 (GL), Type I.

Vegetables

2. Garlic, dehydrated, powder - FSN-8915-4110-616-5465
MIL-G-35008
3. Onions, dehydrated, chopped - FSN-8915-4720-128-1179
FED-JJJ-0-533, Style 1, Color (A)
4. Tomatoes, canned whole - FSN-8915-5870-582-4060
FED-JJ-T-00579 (AGR-C&MS), Type I or II, Conc. (B) or (C), Texture 1 or 2

Dairy, Eggs & Condiments

6. Macaroni, dry - FSN-8920-7410-125-9440
FED-N-M-0051 (Army - GL), Group I, Type A, Class I, Style A, Form 11
7. Bay leaves - FSN-8950-1256)-170-9561
FED-EE-S-631, Type I.
8. Chili powder - FSN-8950-12690-753-2962
MIL-C-3394
9. MSG - FSN-8950-13190-263-2786
FED-EE-M-591
10. Paprika, ground - FSN-8950-13320-170-9563
FED-EE-S-631, Type II
11. Pepper, cayenne - FSN-8950-13370-170-9565
FED-EE-S-631, Type II, B
12. Salt, table - FSN-8950-1360-262-8886
FED-SS-S-31

Creamed Ground Beef

L-30

Yield: 100 portions

Each portion: 1 cup (240 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef boneless, ground	30.04	24.00	10896	1. In a steam kettle of suitable size, brown the ground beef (mixer on slow speed). After browning, drain and discard liquid.
Celery, ground	0.01	0.01	5	2. Add ground celery, pepper, soup & gravy base and onions to beef. Mix thoroughly.
Pepper, black	0.04	0.03	14	
Soup & gravy base (beef)	2.06	1.65	749	
Onion dehydrated (chopped)	1.26	1.01	459	
Col-Flo 67 starch	2.12	1.70	772	3. While meat is browning blend starch and flour into 1/2 the required water to make a slurry.
Flour, wheat pastry	2.35	1.88	854	
Water, tap	54.18	43.28	19649	
				4. Turn off steam. With mixer on slow speed pour in slurry. After thorough blending, heat to thicken. (Cook for 20 minutes at 190°F (88°C)).
Nonfat dry milk	7.94	6.35	2883	5. Mix milk with remaining water to rehydrate milk. With heat off and mixer on slow speed, blend in milk. Heat to 170°F (77°C) being careful not to scorch. Bring volume to 6.25 gallons (23.28).
				6. Weigh 5 lbs (2270 g) product into 1/2 steam pans.
				7. Cover, label, and freeze.
Total	100.00	79.91	36281	

Notes:

1. Volume = 6.25 gallons (23.2 l) 100 portions.
1 Cup = 10 oz (284 g) by wt.
2. Reheating - Reheat in a convection oven at 350°F (176°C) until product internal temperature reaches a minimum of 160°F (71°C).

Creamed Ground Beef

L-30

Meat

1. Beef, boneless, ground, 8905-310-285-2075
MIL-B-003854 (GL), Type I

Vegetable

2. Onion, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-0-533, Style 1, Color (A),

Dairy, Egg & Condiment

3. Flour, wheat, pastry - FSN-8920-7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2.
4. Milk, non fat, dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified.
5. Soup & gravy base, beef - 8935-10310-753-6423
MIL-S-43690, Type I.
6. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II.

Special

7. Celery, ground - special procurement.
8. Col-Flo-67 - Special Procurement.

Meat Loaf with Brown Gravy

I-35

Yield: 100 portions

Each portion: 6 oz meat (170g)
4 oz (120 ml) gravy
Temperature: 325°F (163°C) Oven

Ingredients	Percentage	Pounds	Grams	Procedure
Onions, dehydrated chopped	0.25	0.18	82	1. Rehydrate onions in excess water 10 minutes, drain.
Peppers, sweet, fresh green (finely chopped)	0.70	0.50	227	2. Saute onions, peppers and celery in shortening until lightly browned. Cool to 60°F (16°C) and save for step 3.
Celery, fresh, finely chopped	1.41	1.00	454	
Shortening or vegetable oil	0.70	0.50	227	
Beef, boneless, ground	42.06	30.00	13620	3. Combine sauteed vegetables, bread crumbs, beef, eggs, seasonings and water in mechanical mixer and mix lightly (enough to complete mixing).
Eggs, whole, beaten	1.82	1.30	590	4. Place 2 lbs, 8 oz (1135 g) in each greased bread pan (8-1/2" x 4-1/2" x 2-3/4").
Salt, table	0.56	0.40	182	5. Heat uncovered in 325°F (163°C) oven to an internal temperature of 165°F (74°C) (1 hour, 20 minutes). Place in freezer or refrigerator to bring temperature down to 60°F (16°C)
Pepper, black	0.04	0.03	14	Slice 9/16 inches thick (3 oz (85 g) slices). Place 20 slices to each pan, 10 on each side shingled. Hold for step 9.
Bread crumbs, dry	5.61	4.00	1816	
Water, tap	8.41	6.00	2724	
Shortening, or vegetable oil	0.70	0.50	227	
<u>Gravy</u>				
Meat drippings and clear fat or shortening	2.10	1.50	681	6. Heat fat in steam kettle.
Flour, wheat, pastry	1.40	1.00	454	7. Sprinkle flour evenly over fat and cook 10 minutes.
Col-Flo-67 Starch	0.70	0.50	227	8. Combine starch, stock or water and remaining ingredient together, heat to 180°F (82°C) and add slowly to fat flour mixture. Mix thoroughly and cook for 20 minutes. Bring volume back to 3 gallons (11.1 l) with hot water.
Stock or cold water	32.96	23.50	10669	
Pepper, black	0.01	0.01	4	
Caramel coloring liquid	0.01	0.01	4	
Soup & gravy base beef flavored	0.56	0.40	182	

Ingredients	Percentage	Pounds	Grams	Procedure
				9. Pour 2 lbs, 8 oz (1135 g) of gravy over each pan of meat loaf. 10. Cover, label and freeze.
Total	100.00	71.33	32384	

Notes:

1. As a substitute in step 1 for dehydrated onions, 1.26 lbs (572 g) of fresh onions may be used.
2. As a substitute in step 2 for fresh peppers, 1.50 oz (681 g) dehydrated green peppers may be used.
3. Formula yields 10 pans, each pan feeds 10 men a 6 oz (170 g) serving.
4. Reconstitute pans covered in 325°F (163°C) convection oven to 160°F (71°C) internal temperature (1 hour).
5. Bread dry broken may be substituted for bread crumbs as follows: Place formula water from step 3 in broken bread and whip until large pieces are unidentifiable. Press out and discard excess water.
6. Vegetables in step 1 and 2 may be ground rather than finely chopped.

Meat Loaf with Brown Gravy

1. Beef, boneless, ground - 8905-310-285-2075
MIL-B-003854 (GL) Type I.

Vegetables

2. Celery, fresh - 8915-3630-252-3783
FED-HHH-C-00181 (AGR-C&MS)
3. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-Style 1, Color (A)
4. Peppers, sweet, fresh - 8915-5150-127-8006
FED-HHH-P-246

Dairy, Eggs and Condiment

5. Bread, crumbs - 8920-6285-141-0136
HIGH COMMERCIAL GRADE
6. Eggs, whole, frozen - 8910-2180-127-8252
MIL-E-1037 Type I, Class 1, 2 or 3
7. Flour, wheat, pastry - FSN 8920-7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2.
8. Food coloring, caramel - 8950-12940-782-2181
MIL-F-35093, Type V.
9. Shortening - 8945-12310-616-0091
FED-EE-S-0032 (Army - GL), Type II, Class 1
10. Soup and gravy base, beef - 8935-10310-753-6423
MIL-S-43690-Type I.
11. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II.
12. Salt, table - 8950-13680-262-8886
FED-SS-S-31.

Special

13. Col-Flo-67 - Special Procurement

Salisbury Steak with Brown Gravy

Yield: 100 portions

Each portion: 1 steak

Ingredients	Percentage	Pounds	Grams	Procedure
Milk, nonfat, dry	0.65	0.41	186	1. Reconstitute milk and blend crumbs with milk.
Water, warm	6.83	4.31	1957	
Bread, crumbs	2.28	1.44	654	
Beef, boneless, ground	47.55	30.00	13620	2. Rehydrate onions in excess water: drain.
Onions, dehydrated, chopped	0.59	0.37	168	
Eggs, whole	1.58	1.00	454	3. Combine milk, bread crumbs and onions with beef and remaining ingredients. Mix on low speed, lightly but thoroughly.
Pepper, black	0.03	0.02	9	
Salt, table	0.59	0.37	168	4. Shape into oval patties 3/4" (1.9 cm) thick weighing 6 oz (170 g) on patty former.
Worcestershire sauce	0.30	0.19	86	
				5. Place on lightly greased pans or on parchment paper. Bake 1 hour at 325°F (163°C) to at least 165°F (74°C) internal temperature. Hold for step 9.
Gravy				
Flour, wheat, pastry	0.70	0.44	200	6. Mix all ingredients except water together until blended. Put in steam kettle.
Col-Flo-67 Starch	0.70	0.44	200	
Water, tap	36.69	23.15	10510	7. Add water slowly to the ingredients while stirring vigorously.
Soup & gravy base, beef	1.49	0.94	427	
Garlic powder	0.01	0.01	4	8. Turn on steam and heat for 20 minutes at 200°F (93°C). Adjust volume to 3 gallons (11.4 l).
Pepper, black	0.01	0.01	4	
Total				9. Place 10 steaks per half steam table pan. Pour 2.5 lbs (1135 g) of gravy over steaks.
	100.00	63.10	28647	

Notes:

1. Reheat at 350°F (176°C) in convection oven until product temperature reaches no less than 160°F (71°C).

Salisbury Steak with Brown Gravy

L-37

Meat

1. Beef, boneless ground - FSN-8903-310-285-2073
MIL-B-003854 (GL), Type I.

Vegetable

2. Onion, dehydrated, chopped - FSN-8915-4720-128-1179
FED-JJJ-0-533, Style 1, Color (A).
3. Garlic, dehydrated, powder - FSN-8915-4110-616-5465
MIL-C-35008

Dairy, Eggs & Condiments

4. Bread, crumbs - FSN-8920-6285-141-0136
High commercial grade.
5. Eggs, whole, frozen - FSN-8910-2180-127-8252
MIL-E-1037, Type I, Class 1, 2, or 3.
6. Flour, wheat, pastry, FSN-7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2.
7. Milk, nonfat dry - FSN-8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified.
8. Soup & gravy base, beef - FSN-8935-10310-753-6423
MIL-S-43690, Type I.
9. Pepper, black - FSN-8950-13360-127-8067
FED-EE-S-631, Type II.
10. Salt, table - FSN-8950-13680-262-8886
FED-SS-S-31
11. Worcestershire sauce - FSN-8950-13790-082-6177
FED-EE-W-00600 (Army-GL)

Special

12. Col-Flo-67 - Special Procurement

Salisbury Steak with Tomato Gravy

I-37 0-19

Yield: 100 portions

Each portion: 1 steak and
4 oz gravy
(120 ml.)

Ingredients	Percentage	Pounds	Grams	Procedure
Nonfat dry milk	0.63	0.41	186	1. Reconstitute milk with water provided.
Water, tap	5.74	3.75	1703	2. Add milk to bread crumbs, let stand 5 minutes.
Bread crumbs, dry	2.32	1.50	681	3. Combine bread mixture with beef and remaining ingredients; mix lightly but thoroughly.
Beef, boneless, ground	46.29	30.00	13620	4. Shape into oval portions 3/4" (1.9 cm) thick weighing 6 oz (170 g) on Hollymatic.
Onions, dehydrated, chopped	0.58	0.38	173	5. Place on lightly greased pans. Bake 1 hour at 325°F (163°C) to at least 165°F (74°C) internal. Hold for step 10.
Egg, whole, beaten	1.59	1.03	468	
Pepper, black	0.03	0.02	9	
Salt, table	0.58	0.38	173	
Worcestershire sauce	0.29	0.19	86	
<u>Gravy</u>				
Onions, dehydrated, chopped	0.29	0.19	86	6. Combine all ingredients and make a slurry.
Shortening	2.31	1.50	681	7. Add slurry to steam kettle.
Flour, wheat, pastry	1.54	1.00	454	8. Heat for 20 minutes at 200°F (93°C).
Col-Flo 67 Starch	0.77	0.50	227	9. Adjust volume to 4 gallons (15.1 l).
Water, tap	32.94	21.35	9693	10. Place 10 steaks per half steam table pan. Pour 2.5 lbs (1135 g) of gravy over steaks.
Tomato paste. (2690 solids)	3.32	2.15	976	11. Cover, label and freeze.
Pepper, black	0.01	0.01	4	
Soup & gravy base(beef)	0.77	0.50	227	
Total	99.95	64.86	29447	

Notes:

1. Reheat at 350°F (176°C) until product temperature reaches no less than 160°F (71°C) internal.

Salisbury Steak with Tomato Gravy

L-37

Meat

1. Beef, boneless, ground - 8950-310-285-2075
MIL-B-003854 (GL), Type I.

Vegetable

2. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)
3. Tomato, paste - 8915-5910-127-9303
FED-JJJ-T-00579 (AGR-C&MS), Type I or II. Conc. (B) or (C), Texture 1 or 2.

Dairy, Eggs & Condiment

4. Bread, crumb - 8920-6285-141-0136
High commercial grade
5. Eggs, whole, frozen - 8910-2180-127-8252
MIL-E-1037, Type I, Class 1, 2 or 3
6. Flour, wheat, pastry - 8920-165-6898
FED-N-F-00481 (Army - GL) Type 4, Class B. Style 1.
7. Milk, nonfat, dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified
8. Shortening - 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1.
9. Soup & gravy base, beef - 8935-10310-753-6423
MIL-S-43690, Type I.
10. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
11. Salt, table - 8950-13680-262-8886
FED-SS-S-631
12. Worcestershire sauce - 8950-13790-082-6177
FED-EE-W-00600 (Army - GL)

Special

13. Col-Flo-67 - Special Procurement.

Spaghetti with Meat Balls

L-39

Yield: 100 portions

Each portion: 3 meat balls
 2/3 cup sauce (160 ml)
 1 cup spaghetti (240ml)

Ingredients	Percentage	Pounds	Grams	Procedure
<u>Sauce</u>				
Garlic powder	0.01	0.01	6	1. Combine all ingredients in steam kettle except tomato paste. Heat to 180°F (82°C), stirring constantly. 2. Simmer for 30 minutes with occasional stirring. Add tomato paste, mix well. 3. Bring volume to 5.5 gallons (20.4 l) with hot water. Cover and hold for step 8.
Onion, dehydrated, chopped	0.39	0.40	182	
Bay leaves, ground	0.01	0.01	2	
Oregano, ground	0.03	0.04	16	
Pepper, cayenne; red	0.01	0.01	6	
Tomatoes, canned, crushed	19.39	20.00	9080	
Tomato paste (26% solids)	7.00	7.22	3278	
Salt, table	0.68	0.70	316	
Sugar, white	2.66	2.74	1245	
Thyme, dehydrated	0.01	0.04	16	
Water, tap	18.42	19.00	8628	
<u>Meat Balls</u>				
Onions, dehydrated, chopped	0.59	0.61	276	4. Mix ingredients for meatballs in a mixer thoroughly but lightly. 5. Form into 2 oz (56g) meatballs. 6. Bake in 325°F (163°C) revolving oven uncovered for 30 minutes, or until temperature internally reaches 165°F (74°C). 7. Place 21 meatballs in steam table pans (½ size). 8. Pour 3 lbs (1362g) of sauce over each pan of meatballs. 9. Cover, label and freeze.
Water, tap	2.17	2.23	1013	
Beef, boneless, ground	29.09	30.00	13620	
Bread crumbs, dry	2.25	2.32	1055	
Nonfat dry milk	2.25	2.32	1055	
Eggs, whole, beaten	1.27	1.31	595	
Pepper, black	0.01	0.01	6	
Salt, table	0.50	0.52	236	
<u>Spaghetti</u>				
Spaghetti, dry	12.54	12.93	5872	10. Add salt to 6 gallons (23 l) water, heat to a boil. 11. Stir in spaghetti and oil. Re-heat to boiling. Stir frequently. Cook about 12 minutes or until slightly undercooked.
Salt, table	0.30	0.31	140	
Oil, vegetable	0.40	0.41	185	

Ingredients	Percentage	Pounds	Grams	Procedure
				12. Rinse the spaghetti thoroughly with water to wash off excess starch.
				13. Weigh 4.7 lbs (2134g) of cooked spaghetti into 1/2 steam table pans.
				14. Cover, label and freeze.
Total	100.00	103.14	46828	

Notes:

1. Sauce volume 5.5 gallons (21.1 l)/100 man portion.
2. Meatball weight - 2 oz (56g) each.
3. Meatballs (21 per pan) serves 7.
4. Reconstitute sauce and meatballs in convection oven at 325°F (176°C) to an internal temperature of 160°F (71°C) (1 hour, 15 minutes).
5. Reconstitute spaghetti in boiling water (3 minutes).
6. Three pounds, (1362g) of fresh onions may be substituted for step 1.

Spaghetti with Meat Balls

Meat

1. Beef, boneless, ground - 8905-310-285-2075
MIL-B-003854 (GL), Type I.

Vegetable

2. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008
3. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)
4. Tomato, paste - 8915-5910-127-9303
FED-JJJ-T-00579 (AGR-C&MS), Type I or II, Conc. (B) or (C), texture 1 or 2

Dairy, Eggs & Condiment

5. Bread, curmb - 8920-6285-141-0136
High commercial grade
6. Egg, whole, frozen - 8910-2180-127-8252
MIL-E-1057, Type I, Class 1, 2, or 3.
7. Milk, nonfat, dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified
8. Spaghetti, dry - 8920-7820-125-9441
FED-N-M-0051 (Army-GL), Group II, Type A, Class I, Style A, Form-i
9. Sugar, granular - 8925-8740-127-3074
FED-JJJ-S-00791 - (Army-GL), Type I, Class (A).
10. Bay leaves - 8950-12560-170-9561
FED-EE-S-631, Type I.
11. Oregano - 8950-13310-582-1402
FED-EE-S-631, Type II
12. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
13. Pepper, cayenne - 8950-13370-170-9565
FED-EE-S-631, Type II, B.
14. Salt - 8950-13680-262-8886
FED-SS-S-31
15. Thyme - 8950-13750-616-5483
FED-EE-S-631, Type II

Spaghetti with Meat Sauce

L-38

Yield: 100 portions

Each portion: 1 cup sauce (240 ml)
1 cup spaghetti (240 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Spaghetti, dry	13.29	12.26	5566	1. Add salt to 6 gallons (23 l) of water; heat to boiling. 2. Stir in spaghetti and vegetable oil. Cook about 15 minutes or until slightly undercooked. 3. Rinse the spaghetti thoroughly with water to wash off excess starch. 4. Weigh 4.7 lbs (2134 g) of cooked spaghetti into 1/2 steam table pans. 5. Cover, label and freeze.
Salt, table	0.34	0.31	140	
Oil, vegetable	0.54	0.50	227	
Beef, boneless, ground	27.10	25.00	11350	
Tomato paste (26% solids)	12.47	11.50	5221	
Tomatoes, canned, crushed	27.64	25.50	11577	6. Place ground beef in steam kettle, cook until redness disappears. 7. Drain off excess liquid from meat and discard. 8. Combine all ingredients with water, mix thoroughly and add to cooked beef. 9. Heat to 150°F (82°C) and simmer covered for 30 minutes (mixer on low speed). 10. Bring volume back to 7.8 gallons (29.5 l) mix thoroughly. 11. Place 5 lbs (2270 g) of sauce into steam table pan. 12. Cover, label and freeze.
Garlic, powder	0.01	0.01	6	
Salt, table	0.50	0.46	209	
Oregano, ground, dry	0.01	0.01	6	
Pepper, cayenne, red	0.01	0.01	6	
Thyme, ground, dry	0.01	0.01	6	
Sugar, white	0.68	0.63	286	
Bay leaves, ground	0.01	0.01	2	
Water, tap	17.18	15.85	7196	
Col-flo-67 starch	0.21	0.19	86	
Total	100.00	92.25	41884	

Notes:

1. Yield for spaghetti approximately 3.5.1.
2. Reconstitute by heating in 350°F (176°C) convection oven to an internal temperature of 160°F (71°C) (1 hour, 15 minutes).
3. Each 5-lb (2270 g) steam table pan of sauce should serve 9 portions.
4. Reconstitute spaghetti in boiling water (3 minutes).

Spaghetti with Meat Sauce

L-38

Meat

1. Beef, boneless, ground - 8905-310-285-2075
MIL-B-003854 (GL), Type I.

Vegetable

2. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008
3. Tomatoes, canned, whole - 8915-5870-582-4060
FED-JJJ-T-571, Type I.
4. Tomato, paste - 8915-5910-127-9303
FED-JJJ-T-00579 (AGR-G&MS), Type I or II, Conc (B) or (C), Texture 1 or 2.

Dairy, Eggs & Condiment

5. Spaghetti, dry - 0920-7820-125-9441
FED-N-M-0051, (Army-GL) Group II, Type A, Class I, Style A, Form 1
6. Sugar, granulated - 8925-8740-127-3074
FED-JJJ-S-00791 (Army-GL), Type I, Class (A)
7. Bay leaves - 8950-12560-170-9561
FED-EE-S-631, Type I.
8. Oregano - 8950-13310-582-1402
FED-KE-S-631, Type II.
9. Pepper, cayenne - 8950-13370-170-9565
FED-EE-S-631, Type II, B
10. Salt, table - 8950-13680-262-8886
FED-SS-S-31
11. Thyme - 8950-13750-616-5483
FED-EE-S-631, Type II.

Special

12. Col-Flo-67 - Special Procurement.

Swedish Meat Balls with Gravy

L-41

Yield: 100 portions

Each portion: 3 meatballs,
1/3 cup (80 ml)
of gravy

Ingredients	Percentage	Pounds	Grams	Procedure
Onions, dehydrated, chopped	0.55	0.42	191	1. Add water to nonfat dry milk and dehydrated onions. Mix thoroughly and let stand 10 minutes. 2. Combine all ingredients with beef in mixer and mix lightly but thoroughly. 3. Form into 2 oz (56g) meatballs. 4. Bake in a revolving oven at 250°F (176°C) to internal temperature of 165°F (74°C) (35 minutes). 5. Pan 21 meatballs per half steam table pan. Reserve for step 11.
Milk, nonfat dry	0.42	0.32	145	
Water, tap	8.45	6.45	2928	
Bread crumbs, dry	3.77	2.88	1308	
Eggs, whole, beaten	1.31	1.00	454	
Pepper, black	0.01	0.01	5	6. Add 1/2 of formula water to steam kettle. Combine all seasonings except flour and starch. 7. Blend thoroughly. Heat to 180°F (82°C) and turn off steam. 8. Combine remaining water, flour and starch to make a slurry. 9. Add slurry slowly to steam kettle containing seasonings. 10. Heat mixture at 200°F (93°C) with constant stirring for 20 min. Adjust volume to 4.5 gallons (17 l). 11. Pour 2½ lbs (1135g) of gravy over panned meatballs. 12. Cover, label and freeze.
Salt, table	0.33	0.25	114	
Beef, boneless, ground	39.96	30.50	13847	
<u>Gravy</u>				
Flour, wheat, pastry	1.00	0.76	345	
Water, tap	41.26	31.50	14301	
Col-flo-67	1.00	0.76	345	
Soup and gravy base, beef	1.87	1.43	649	
Garlic powder, dry	0.01	0.01	5	
Nutmeg, ground	0.01	0.01	5	
Oregano, ground	0.01	0.01	5	
Pepper, black	0.01	0.01	5	
Paprika, ground	0.03	0.02	10	
Total	100.00	76.34	34662	

Note:

1. Reconstitute in convection oven at 350°F (176°C) until product internal temperature reaches 160°F (71°C) (1 hour, 15 minutes).

Swedish Meat Balls

L-41

Meat

1. Beef, boneless, ground - 8905-310-285-2075
MIL-B-003854 (GL), Type I.

Vegetable

2. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008.
3. Onion, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style I, color (a).

Dairy, Egg & Condiment

4. Bread, crumbs - 8920-6285-141-0136
High commercial grade.
5. Eggs, whole, frozen - 8910-2180-127-8252
MIL-E-1037, Type I, class 1, 2, or 3.
6. Flour, wheat, pastry - 8920-165-6898
FED-N-F-481, Type IV.
7. Milk, nonfat dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified.
8. Sour & gravy base beef - 8935-10310-753-6423
MIL-S-43690, Type I.
9. Nutmeg - 8950-13250-127-8047
FED-EE-S-631, Type II
10. Oregano - 8950-13310-582-1402
FED-EE-S-631, Type II
11. Paprika - 8950-13320-170-9563
FED-EE-S-631, Type II, C (2)
12. Pepper, black - 8950-13360-170-9565
FED-EE-S-631, Type II
13. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

14. Col-Flo-67 - Special Procurement.

Hot Roast Beef Sandwich

L-9(3)

Yield: 100 portions

Each portion: 4 oz (114g) meat
4 oz (120 ml) gravy

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless roast	60.24	40.00	18160	1. Sprinkle salt and pepper over roasts.
Salt, table	0.57	0.38	173	2. Bake in 325°F (163°C) oven uncovered until internal temperature reaches 150°F (65°C).
Pepper, black	0.03	0.02	9	3. Place in cooler to chill meat for slicing (save drippings for use in gravy manufacturing).
				4. When cool, slice meat in approximately 3/16" slices.
				5. Pan 2-1/2 lbs (1135g) meat per 1/2 steam table pan.
Meat drippings or shortening	2.45	1.63	740	6. Heat drippings saved from cooking of roasts or shortening.
Flour, wheat pastry	1.40	0.93	422	7. Add flour to make a smooth roux.
Col-Flo 67 Starch	0.93	0.62	281	Turn off steam after flour has cooked.
Water, tap	33.60	22.31	10129	8. Blend starch in with cold water, add remaining seasonings. Pour into kettle. Blend thoroughly.
Soup & gravy base (beef)	0.75	0.50	227	9. Heat mixture to thicken starch and form a smooth gravy. Adjust volume to 3.25 gallons (12.3 l) per 100 portions, blending well.
Carmel coloring, powdered	0.01	0.01	4	10. Pour 2-1/2 lbs (1135 g) of gravy over prepanned meat.
Pepper, black	0.02	0.02	9	11. Cover and label.
				12. Place in blast freezer.
Total	100.00	66.42	30154	

Notes:

1. Reheating - Reheat in a convection oven at 350°F (176°C) until product internal temperature is no less than 160°F (71°C).

Hot Roast Beef Sandwich

L-9 (3)

1. Beef, boneless roast - FSN-8905-074-2803
MIL-B-0035079 (GL)
2. Salt - FSN-8950-262-8886
FED-SS-S-31
3. Pepper, black - FSN-8950-127-8067
EE-S-631, Type II
4. Shortening - FSN-8945-616-0091
FED-EE-S-00321 (Army - GL), Type II, Class 1
5. Flour - wheat, pastry - FSN-8920-7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2
6. Soup & gravy base (beef) - FSN-8935-234-6217
MIL-S-43690, Type I
7. Carmel coloring, powdered - Special procurement
8. Col-Flo-67 (Starch) - Special Procurement

Braised Liver with Onions

L-54

Yield: 100 portions

Each portion: 1 slice
(4 oz of 114g)

Temperature: 375°F. (190°C) Griddle; 350°F (176°C) Oven

Ingredients	Percentage	Pounds	Grams	Procedure
Beef liver, slices, (100)	50.84	25.00	11350	1. Dredge liver in seasoned flour (flour, salt, papper and paprika). Brown on well greased griddle. 2. Overlap 10 slices in each one-half size steam table pan.
Flour, wheat, pastry	5.48	2.25	1022	
Salt, table	0.61	0.25	114	
Pepper, black	0.07	0.03	14	
Paprika, ground	0.14	0.06	27	
Shortening, melted	4.87	2.00	908	
Onions, dehydrated, chopped	2.43	1.00	454	3. Rehydrate onions in excess water, drain and save liquid for step 5. 4. Saute onions until lightly browned. Place 6 oz (170g) over liver in each pan. 5. Pour 1 lb (454g) of water over liver and onions in each pan. 6. Cover and bake at 350°F (176°C) for 30 minutes or until liver is tender. 7. Label and freeze.
Shortening, melted	1.22	0.50	227	
Water, hot, tap	24.34	10.00	4540	
Total	100.00	41.09	18656	

Notes:

1. Formula makes 10 pans.
2. Reheat pans covered in convection oven at 325°F (163°C) until internal temperature of meat reaches 160°F (71°C) (1 Hour, 10 minutes).
3. Eight pounds (3632g) of fresh chopped onions can be used to replace dehydrated onions in step 3.
4. When dredging liver, temper liver so it is still stiff and in ice stage.

Braised Liver W/Onions

L-54

Meat:

1. Beef, liver, slices - 8905-380-655-8410
MIL-B-35047, Type I or II.

Vegetable

2. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A).

Dairy, Eggs and Condiment

3. Flour, wheat, pastry - 8920-7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2.
4. Shortening - 8945-12310-616-0091
FED-EE-S-0032 (Army - GL), Type II, Class 1.
5. Paprika - 8950-13320-170-9563
FED-EE-S-631, Type II.
6. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II.
7. Salt, table - 8950-13680-262-8886
FED-SS-S-31.

Corned Beef Hash

L-42

Yield: 100 portions

Each portion: 1-1/4 cup (300 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Peppers, sweet, chopped fresh	3.24	1.67	758	1. Rehydrate onions with excess water, drain.
Onions, dehydrated chopped	1.60	0.83	377	2. Saute onions and chopped peppers in oil.
Shortening	2.10	1.11	504	
Potatoes, diced 3/8"	46.50	24.00	10896	3. Blanch potatoes in boiling water for 4 minutes. Drain and allow to cool.
Corned beef, canned	46.50	24.00	10896	4. Place all ingredients in mixing bowl and mix on low speed till good consistency is obtained.
Pepper, black	0.06	0.03	14	5. Weigh 4.75 lbs (2157g) into 1/2 steam table pans.
				6. Cover, label and freeze.
Total	100.00	51.64	23445	

Notes:

1. Reheating - Heat in convection oven at 325°F (163°C) until internal temperature reaches at least 140°F (60°C) covered. Then heat uncovered for 20 minutes or until top is browned and temperature reaches 160°F (71°C) internal.
2. Four and three fourths pounds serves 7 men.

Corned Beef Hash

L-42

Meat

1. Corned beef, canned - FSN-8950-250-127-3148
FED-PP-B-201, Type II

Vegetable

2. Onions, dehydrated, chopped - FSN-8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)
3. Peppers, sweet, fresh - FSN-8915-5150-127-8006
FED-HHH-P-246
4. Potatoes, white, fresh - FSN-8915-5470-616-0220
FED-HHH-P-622

Dairy, Eggs & Condiments

5. Shortening - FSN-8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
6. Pepper, black - FSN-8950-13360-127-8067
FED-EE-S-631, Type II

Simmered Corned Beef

L-44

Yield: 100 portions

Each portion: 2 slices (4 oz or
114 g)

Ingredients	Percentage	Pounds	Grams	Procedure
Corned beef, fresh	96.43	45.00	20430	<ol style="list-style-type: none">1. Place whole pieces of corned beef in steam-jacketed kettle; cover with water. Add seasonings.2. Bring to boil. Cover, reduce heat and simmer about 5 hours to an internal temperature of 180°F (82°C).3. During cooking period. Remove scum that rises to surface. Remove from water and cool.4. Let corned beef cool in its own juices to about +60°F (16°C).5. Slice across the grain to prevent shredding.6. Place 20 slices or 2½ lbs (1135g) of corned beef in 1½ steam table pan.7. Add 0.5 lbs (227g) of water from cook.8. Cover, label and freeze.
Water, cold	To cover			
Bay leaves, chopped	0.01	0.01	5	
Garlic, dehydrated, ground	0.08	0.04	18	
Salt, table	1.34	0.63	286	
Sugar, granulated, white	2.14	1.00	454	
Total	100.00	46.68	21193	

Notes:

1. Reheating - A. Reconstitute in 15 psi steam cooker until internal temperature reaches at least 160°F (71°C) OR
B. Reconstitute in convection oven at 325°F (163°C) to an internal temperature at 160°F (71°C). Do not loosen or remove cover.

Simmered Corn Beef

L-44

Meat

1. Corned beef, frozen - FSN-8905-260-299-1316
FED-PP-B-196, Type II, Grade selection A or, Styles A-H

Vegetable

2. Garlic powder - FSN-8915-4110-616-5465
MIL-G-35008

Dairy, Eggs & Condiments

3. Bay leaves - FSN-8905-12560-170-9561
FED-EE-S-631, Type I
4. Salt, table - FSN-8950-13680-262-8886
FED-S-S-31
5. Sugar, granulated - FSN-8925-8740-127-3074
FED-JJJ-S-00791 (Army-GL), Type I, Class (A)

Swiss Steak with Brown Gravy

L-16

Yield: 100 portions

Each portion: 1 steak, 1 cup
sauce (120 ml)

Temperature: 176°C, Griddle; 163°C oven

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, swiss steak (100 steaks)	45.11	36.00	16344	1. Dredge steaks in seasoned flour. Shake off excess.
Flour, wheat, pastry	2.76	2.20	999	
Pepper, black	0.02	0.02	8	
Salt, table	0.23	0.18	82	
Shortening, vegetable	3.76	3.00	1362	2. Brown steaks on well greased grill. 3. Shingle 50 steaks in each pan, hold for step 4.
Onions, dehydrated, sliced	0.54	0.43	195	4. Combine onions, garlic powder, pepper, salt, gravy base beef with water, mix thoroughly and pour equally over pans of shingled beef steaks.
Garlic powder, dry	0.01	0.01	4	5. Cover pans and heat in 325°F (163°C) oven until meat is tender (2-1/2 hours).
Pepper, black	0.01	0.02	6	6. Shingle 10 steaks in each steam table pan (12 size) and set aside for step 10. Retain beef stock.
Salt, table	0.24	0.19	86	
Soup and gravy base, beef	0.28	0.22	100	
Water, hot	18.00	14.36	6521	
Worcestershire sauce	0.34	0.27	123	
Water, cold	2.05	1.64	743	7. Add beef stock to steam kettle.
Col-flo-67 starch	0.34	0.27	123	8. Combine cold water and starch together, mix thoroughly and add to beef stock.
Beef stock (liquid from beef)	26.31	21.00	9534	9. Heat to a boil, and simmer 20 minutes. Bring volume back to 2.5 gallons (9.5 l) with hot water.
				10. Add 2 lbs (908 g) of gravy to each pan of shingled cooked beef.
				11. Cover, label and freeze.
Total	100.00	79.81	36230	

Swiss Steak With Brown Gravy

L-16

Notes:

1. Formula makes 10 pans; each pan feeds 10 men.
2. Three pounds (1362 g) of fresh onions may be substituted for dehydrated onions in step 4.
3. Reconstitute pans in 325°F (163°C) convection oven, covered to an internal temperature of 160°F (71°C) (1 hour, 15 minutes).
4. The pounds in formula for steaks are only a guide; use count of steaks to assure 100 steaks.
5. Field pans - length: 20 inches (50.8 cm); width: 17 inches (43.2 cm); depth: 6½ inches (16.5 cm).

Swiss Steak With Brown Gravy

L-16

Meat:

1. Beef, boneless, swiss steak - 8905-200-151-6578
MIL-B-0035079 (GL).

Vegetable

2. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008
3. Onions, dehydrated, sliced - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)

Dairy, Eggs and Condiment

4. Flour, wheat, pastry - 8920-165-6898
FED-N-F-481, Type IV.
5. Shortening - 8945-12310-616-0091
FED-EE-S-0032, (Army - GL), Type II, Class 1.
6. Soup & gravy base, beef - 8935-10310-753-6423
MIL-S-43610, Type I.
7. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II.
8. Salt, table - 8950-13680-262-8886
FED-SS-S-31
9. Worcestershire sauce - 8950-13790-082-6177
FED-EE-W-00600 (Army - GL)

Special

11. Col-Flo-67 - Special Procurement

Swiss Steak with Tomato Sauce

L-16

Yield: 100 portions

Temperature: 325°F (176°C) Griddle;

325°F (163°C) Oven

Each portion: 1 steak plus 1/2 cup
sauce (120 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, swiss steak (100 steaks)	38.26	36.00	16344	1. Dredge steaks in seasoned flour. Shake off excess.
Flour, wheat, pastry	2.34	2.20	999	
Pepper, black	0.02	0.02	8	
Salt, table	0.19	0.18	82	
Shortening, vegetable	2.13	2.00	908	2. Brown steaks on well-greased grill. 3. Shingle 50 steaks in each pan and hold for step 4.
<u>Sauce</u>				
Onions, dehydrated, sliced	0.46	0.43	195	4. Combine onions, peppers, garlic powder, pepper, salt, tomatoes, Worcestershire sauce and water, together and pour equally over pans of shingled beefsteaks.
Peppers, sweet, fresh, green, chopped	2.13	2.00	908	5. Cover pans and heat in 325°F (163°C) oven until meat is tender (2-1/2 hours).
Water, hot	15.26	14.36	6519	6. Drain and retain liquid.
Garlic, powder, dry	0.01	0.01	4	7. Shingle 10 steaks in each steam table pan (1/2 size) and set aside for step 10.
Pepper, black	0.02	0.01	6	
Salt, table	0.32	0.30	136	
Tomatoes, canned, crushed	14.05	13.23	6003	
Worcestershire sauce	0.45	0.42	191	
Water, cold	1.74	1.64	744	8. Add beef stock liquid to steam kettle. Make a paste of starch and cold water, add to stock.
Col-Flo-67 Starch	0.31	0.29	132	9. Heat to a boil and simmer 20 minutes. Bring volume back to 2.5 gallons (9.5L) with hot water.
Beef stock, liquid	22.31	21.00	9534	10. Add 2 lbs (908g) of gravy to each pan of shingled cooked beef.
				11. Cover, label and freeze.
Total	100.00	94.09	42713	

Swiss Steak with Tomato Sauce
(cont'd)

Notes:

1. Formula makes 10 pans; each pan feeds 10 men.
2. Three pounds (1362g) of onions may be substituted for dehydrated onions in step 4.
3. Five and a third ounces (151g) dehydrated green peppers may be substituted for 2 pounds (908g) of fresh in step 4.
4. The pounds in formula for steaks are only a guide; use count of steaks to assure 100 steaks.
5. Reconstitute pans in 325°F (163°C) convection oven covered to an internal temperature of 160°F (71°C).

Swiss Steak with Tomato Sauce

L-16

Meat

1. Beef, boneless, swiss steak - 8905-200-151-6578
MIL-B-0035079 (GL)

Vegetable

2. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008
3. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)
4. Peppers, sweet, fresh - 8915-5150-127-8006
FED-HHH-P-246
5. Tomatoes, canned, whole - 8915-5870-582-4060
FED-JJJ-T-571, Type I

Dairy, Eggs & Condiments

6. Flour, wheat, pastry - 8920-165-6898
FED-N-F-481, Type IV
7. Shortening - 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
8. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
9. Salt, table - 8950-13680-262-8886
FED-SS-S-31
10. Worcestershire sauce - 8950-13790-082-6177
FED-EE-W-00600 (Army-GL)

Special

11. Col-Flo-67 - Special Procurement

Baked Franks with Sauerkraut

L-60

Yield: 100 portions

Each portion: 2 franks

Ingredients	Percentage	Pounds	Grams	Procedure
Franks, chilled	50.00	25.00	11350	1. Place 2-1/2 lbs (1135g) of franks in 1/2 steam table pan. 2. Over the franks, place 2-1/2 lbs (1135g) of sauerkraut. 3. Cover, label and freeze.
Sauerkraut, drained	50.00	25.00	11350	
Total	100.00	50.00	22700	

Notes:

1. Reheating - Reheat in convection oven at 350°F (176°C) until product temperature reaches no less than 160°F (71°C). Do not loosen cover. Product may also be reheated in jet steamer.

Baked Franks with Sauerkraut

L-60

1. Frankfurters, chilled - 8905-616-0048
FED-PP-F-660, Type II, Class 1, Formula A, Color A or B, Style W.
2. Sauerkraut, canned, shredded, Grade A, No. 10 size can.
FED-JJJ-S-71, Style I, Type of pack (a).

Franks with Cheese and Bacon

L-62

Yield: 100 portions

Each portion: 2 franks

Ingredients	Percentage	Pounds	Grams	Procedure
Frankfurters, chilled	62.50	25.00	11350	1. Cut frankfurters almost in half lengthwise. 2. Cut cheese in strips about the same length and width of the frankfurters. 3. Cut bacon in half strips. 4. Fry bacon strips until mostly cooked, but not crisp. Drain. 5. Place 1 piece of cheese inside frankfurter and place 1 piece of bacon over cheese. 6. Place 14 prepared franks one layer deep per 1/2 steam table pan. 7. Cover, label, freeze in blast freezer.
Cheese, cheddar	25.00	10.00	4540	
Bacon, Sliced	12.50	5.00	2270	
Total	100.00	40.00	18160	

Notes:

1. Reheating - Reheat on sheet pan in a convection oven until product temperature reaches a minimum of 160°F (71°C) (approximately 10 minutes).

Franks with Cheese and Bacon

L-62

1. Frankfurters, chilled - 8905-616-0048
FED-PP-F-660, Type II, Class 1, Formula A, Color A or B, Style W
2. Bacon, slab, chilled - 8905-551-9908
FED-PP-B-0081 (Army-GL), Type II, Form A, Class 1
3. Cheese, American processed, pasteurized, 5 lb loaf
FED-C-C-291, Type I, Style C

Baked Fish with Cheese Sauce

L-106 and O-1(2)

Yield: 100 portions
Temperature: 375°F (190°C) oven

Each portion: 2 pieces fish, 3 oz
(90 ml) sauce

Ingredients	Percentage	Pounds	Grams	Procedure
Fish, perch, thawed or fresh	56.13	32.00	14528	1. Place single layers of fish on greased sheet pans. (Use part of margarine in formula for greasing pans). 2. Melt margarine, combine with lemon juice and pour evenly over fish. 3. Sprinkle paprika over fish. 4. Bake about 25 minutes or until brown. 5. Place 20 pieces of cooked fish (10 to a layer) in each 1/2 size steam table pan. 6. Set aside for step 11.
Margarine or butter	2.63	1.50	681	
Lemon juice	0.88	0.50	227	
Paprika, ground	0.11	0.06	28	
Margarine or butter	3.51	2.00	908	7. Heat margarine in steam kettle. Sprinkle with flour, mix thoroughly and cook 10 minutes. Hold for step 8.
Flour, wheat, pastry	1.75	1.00	454	
Col-Flo-67 Starch	0.30	0.17	77	8. Combine starch, nonfat dry milk, water and salt in separate steam kettle, heat to 180°F (82°C) and add slowly to margarine-flour mixture. Mix thoroughly.
Milk, nonfat, dry	2.98	1.70	772	
Water, cold	26.31	15.00	6810	
Salt, table	0.14	0.08	36	
Cheese, Cheddar, white, ground or shredded	5.26	3.00	1362	9. Add Cheddar cheese and continue to cook until cheese is thoroughly melted. 10. Bring volume back to 2-3/4 gallons (10.4L) with hot water. 11. Add two pounds of sauce to each pan of fish. 12. Cover, label and freeze.
Total	100.00	57.01	25883	

Notes:

1. Formula makes 10 pans; each pan feeds 10 men.
2. Reheat pans covered in 350°F (176°C) convection oven to an internal temperature of 160°F (71°C) from frozen state (1 hour, 15 minutes).
3. Pans of fish take 2 hours, 40 minutes to reach 0°F (-18°C) at -30°F (-34°C).
4. If large fish are used cut into 5 ounce (142g) pieces and place 10 in each pan.
5. One pound, 10 ounces (738g) lemons A.P. (6 lemons) will yield 0.50 lbs (227g) of juice in step 2.

Baked Fish with Cheese Sauce

L-106 and O-1(2)

Meat

1. Perch, frozen, fillets - 8905-1110-164-0485
FED-PP-F-381, Type II, Form III (L), (2) or (b)

Vegetable

2. Juice, lemon, instant - 8915-4380-124-1950
MIL-J-43430

Dairy, Eggs & Condiments

3. Butter - 8910-1870-616-0038
FED-C-B-0081 (Army-GL), Style (B) or (D), Class 1, 2, 3 or 4
4. Cheese, Cheddar, white (has to be specified)
8910-1970-125-8440
FED-C-C-271, Class 1, 2 or 3, Style (b), (c) or (f), (3), (5) or (6)
5. Flour, wheat, pastry - 8920-7287-165-6898
FED-N-F-481, Type IV Class B, Style 2
6. Margarine - 8945-12220-222-0567
MIL-M-10958, Class 1 or 2
7. Milk, nonfat, dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified
8. Paprika - 8950-13320-170-9563
FED-EE-S-631, Type II
9. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

10. Col-Flo-67 - Special Procurement

Baked Tuna and Noodles

L-124

Yield: 100 portions

Each portion: 1 cup (9 oz or 225g)
Temperature: 350°F (177°C) Oven

Ingredients	Percentage	Pounds	Grams	Procedure
Tuna, canned, white	28.30	17.00	7718	1. Drain tuna: flake. Set aside for use in step 7.
Noodles, dry medium	8.32	5.00	2270	2. Cook noodles in salted water (3 gallons) until tender (15-20 minutes). Rinse thoroughly and set aside for step 7.
Salt, table	0.18	0.11	50	
Milk, nonfat, dry	4.16	2.50	1135	3. Add dry milk and starch to water, mix thoroughly and heat slowly to 180°F (82°C). Hold for step 7.
Water, warm	39.95	24.00	10896	
Col-Flo-67 Starch	0.70	0.42	191	
Flour, wheat, pastry	1.42	0.85	386	4. Heat butter in large steam kettle, slowly add flour and salt. Mix thoroughly and cook for 10 minutes w/constant stirring. 5. Gradually add heated milk-starch mixture to butter-flour mixture. Stir constantly, simmer for 20 minutes. Hold sauce for step 7.
Salt, table	0.27	0.16	73	
Butter or margarine	3.75	2.25	1022	
Celery, fresh, chopped, 1/8 inch dices	6.66	4.00	1816	6. Rehydrate onions in excess cold water for 10 minutes, drain well. Saute celery and onions in butter until tender. Set aside for step 7.
Onions, dehydrated sliced	0.15	0.09	41	
Butter or margarine	0.70	0.42	191	
Pimientos, canned, drained chopped 1/4 inch dices	1.42	0.85	386	7. Combine tuna, noodles, sauteed vegetables and pimientos with sauce from step 5. Mix thoroughly, heat to 165°F (74°C) and bring volume back to 6.5 gallons (2.5L) with hot water. Place 5.75 lbs (2611g) per pan.
Cheese cheddar natural shredded	2.50	1.50	681	8. Sprinkle cheese evenly over pans of tuna.
Paprika, ground	0.10	0.06	28	9. Mix bread crumbs and paprika and spread evenly over cheese.
Bread crumbs, dry	1.42	0.85	386	
Total	100.00	60.06	27270	10. Cover, label and freeze.

Baked Tuna and Noodles

L-124

(cont'd)

Notes:

1. Formula makes 10 pans; each pan feeds 10 men.
2. Reconstitute in convection oven covered at 350°F (176°C) to an internal temperature of 160°F (71°C) (1 hour 15 minutes); the last 15 minutes remove cover for browning.
3. Twelve ounces (340g) of fresh onions may be used in step 6.
4. Three and one-half gallons (13.3L) other types of milk may be substituted for nonfat, dry milk and water in step 3.

Baked Tuna and Noodles

L-124

Meat

1. Tuna, canned - 8905-1530-025-3161
FED-PP-T-771, Type I or II, Form A, Packing Media (C), Color 2.

Vegetable

2. Celery, fresh - 8915-3630-252-3783
FED-HHH-C-00191 (AGR-C&MS)
3. Onions, dehydrated, sliced - 8915-4740-128-1171
FED-JJJ-O-533, Style 3, Color (A)
4. Pimientos - 8915-5200-935-6371
FED-JJJ-P-400, Style I, II, or III

Dairy, Eggs & Condiments

5. Bread, crumbs - 8920-6285-141-0136
High Commercial Grade
6. Butter - 8910-1870-616-0038
FED-C-B-0081 (Army-GL), Style (B) or (D), Class 1, 2, 3 or 4.
7. Cheese, cheddar, natural, white - 8910-1970-125-8440
FED-C-C-271, Class 1, 2 or 3, Style (B), (C) or (F), (B), (5) or (6).
8. Flour, wheat, pastry - 8920-7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2
9. Margarine - 8945-12220-222-0567
MIL-M-10958, Class 1 or 2
10. Milk, nonfat, dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified
11. Noodles, dry, medium - 8920-7470-126-3388
FED-N-N-591
12. Paprika - 8950-13320-170-9563
FED-EE-S-631, Type II
13. Salt - 8950-13680-262-8886
FED-SS-S-31

Special

14. Col-Flo-67 - Special Procurement

Salmon Cakes

L-114

Yield: 100 portions

Each portion: 2 cakes (5 oz or 142g)

Ingredients	Percentage	Pounds	Grams	Procedure
Salmon, canned	52.10	20.00	9080	1. Drain salmon and reserve juice for step 3; remove skin and bones. Flake. Set aside for step 5.
Potatoes, white, instant	10.42	4.00	1816	2. Combine instant potatoes, nonfat dry milk and salt. Set aside for use in step 5.
Milk, nonfat dry	0.53	0.20	91	
Salt, table	0.16	0.06	27	
Water & salmon juice	27.36	10.50	4764	3. Heat water and salmon juice to boiling and pour into mixer bowl. 4. Add butter or margarine. 5. Add potato mixture rapidly to hot water and juice. Whip until smooth, and cool.
Butter or margarine	1.30	0.50	227	
Eggs, whole, beaten	5.21	2.00	908	
Onions, dehydrated, chopped	0.24	0.09	41	
Pepper, black	0.08	0.03	14	6. Rehydrate onions in excess water for 10 minutes and drain. 7. Combine salmon, cooked potatoes, eggs, onions, and pepper. Mix thoroughly. Chill to at least 2°F. 8. Shape on Hollymatic, weight of 2.5 oz (71g) per patty.
Flour, wheat, pastry	2.60	1.00	454	9. Roll each cake in flour. 10. Fry at 182°C for 1 minute or until golden brown. Drain. 11. Place 20 patties per half steam table pan. 12. Cover, label and freeze.
Total	100.00	38.38	17425	

Notes:

1. Place frozen patties one layer deep on sheet pan. Reheat in convection oven at 350°F (176°C) until internal temperature reaches at least 160°F (71°C) (approximate reheat time, 10 minutes).
2. Each pan contains 10 servings.

Salmon Cakes

L-114

Meat

1. Salmon, canned - 8905-1390-543-7941
FED-PP-S-31, Style 1, Forme A, Species (B) or (C).

Vegetables

2. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A).
3. Potatoes, instant - 8915-5500-164-6876
FED-JJJ-P-630, Type II, Style A.

Dairy, Eggs & Condiments

4. Butter - 0910-1870-616-0038
FED-C-B-00801 (Army-GL), Style (B) or (D), Class 1, 2, 3 or 4.
5. Eggs, whole, frozen - 8910-2180-127-8252
MIL-E-1037, Type I, Class 1, 2, or 3.
6. Flour, wheat, pastry - 8920-7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2.
7. Margarine - 8945-12220-222-0567
MIL-M-10958, Class 1 or 2.
8. Milk, nonfat, dry - 8910-2500-151-6465
MIL-M-00350-52 (GL), Type II, Style A, as modified
9. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II.
10. Salt, table - 8950-13680-262-8886
FED-SS-S-31.

Pork Chop Suey

L-80 (1)

Yield: 100 portions

Each portion: 1 cup (240 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Pork, boneless diced, row	48.78	32.00	14528	1. Brown diced pork in its own fat, sprinkled with pepper & salt, in a steam kettle.
Salt, table	0.40	0.26	118	
Pepper, black	0.04	0.02	9	
Water, tap	14.00	9.18	4168	2. Cover pork with water provided; bring to a boil. Cover and simmer 1 hour.
Onions, dehydrated chopped	2.29	1.50	681	3. Rehydrate onions in excess water, drain and add rehydrated onions and sliced celery to kettle approximately 20 minutes prior to 1 hour cook of pork.
Celery, sliced 3/16"	12.21	8.01	3637	
Bean sprouts (drained)	18.30	12.01	5453	4. Drain bean sprouts, reserving liquid. 5. Combine the liquid from the beansprouts, starch and ginger. Stir to make a smooth paste. 6. Add slurry slowly to mixture, stirring constantly. Cook 20 minutes or until thickened. 7. Add bean sprouts, mix well. 8. Stir in soy sauce and molasses. Blend well and adjust volume to 6.25 gallons (23.7L). 9. Weigh 5 lbs (2270g)/pan. 10. Cover, label and freeze.
Col-Flo 67 starch	1.90	1.25	568	
Ginger, ground	.02	0.01	5	
Soy sauce	1.53	1.00	454	
Molasses, dark	.53	0.35	159	
Total	100.00	65.59	29780	

Notes:

1. Volume - 6.25 gallons (24L)/100 portions.
2. Fill weight - 5 lbs (2270g) serves 8.
3. Reheating - Reheat at 325°F (163°C) until product internal temperature reaches at least 160°F (71°C). Do not loosen or remove covers.
4. Frozen sliced onions may be substituted for the dehydrated at the ratio of 8 parts to 1.

Pork Chop Suey

L-80 (1)

Meat

1. Pork, boneless, diced - 8905-1170-753-6503
MIL-P-43148, Type I.

Vegetable

2. Bean sprouts, canned - 8915-3380-085-1642
MIL-B-35012
3. Celery, fresh - 8915-3630-252-3783
FED-HHH-C-00191 (AGR-C&MS)
4. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, color (A).

Dairy, Eggs, & Condiments

5. Molasses - 8925-0550-125-9454
FED-JJJ-M-576
6. Soy sauce - 8950-13720-935-3254
FED-EE-S-610
7. Ginger, ground - 8950-10380-616-5484
FED-EE-S-631, Type II
8. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
9. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

10. Col-Flo-67 - Special Procurement.

Sweet and Sour Pork

L-82

Yield: 100 portions

Each portion: 1 cup (240 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Pork, diced, boneless	35.39	32.00	14528	1. Combine eggs, soy sauce, starch, salt and garlic powder. Stir until blended. Pour sauce over meat and mix to coat pieces. Let stand for 10 minutes. 2. Cook pork dices in deep fat fryer set at 360°F (182°C) for approximately 2 minutes or until meat is cooked to 160°F (71°C).
Egg, whole, beaten	1.06	0.96	436	
Soy sauce	1.06	0.96	436	
Col-Flo-67, starch	1.06	0.96	436	
Salt, table	0.26	0.24	109	
Garlic powder	0.01	0.01	5	
Bean sprouts, canned	14.33	12.96	5884	3. Drain bean sprouts and pineapple, saving the liquid to combine with water requirement.
Pineapple, canned, chunks	7.17	6.48	2942	
Pineapple juice & water	28.78	26.02	11813	4. Combine the appropriate quantities of juice-water mixture soy sauce, salt, sugar and starch to make a slurry. Add green peppers and cook mixture for 20 minutes or until starch is thickened.
Soy sauce	0.53	0.48	218	
Salt, table	0.14	0.12	55	
Sugar, granulated	4.43	4.00	1816	
Col-Flo-67, starch	1.09	0.99	450	
Peppers, sweet, fresh	2.20	1.99	904	
Vinegar, white	2.49	2.25	1022	5. Add cooked meat, bean sprouts and pineapple chunks. Blend and heat mixture to 180°F (82°C). 6. Add vinegar, blend thoroughly. Adjust volume to 7.00 gallons (26.5L)/100 portions. 7. Weigh 5 lbs (2270g)/ 1/2 steam table pan. 8. Cover, mark and freeze in blast freezer.
Total	100.00	90.42	41054	

Notes:

- Reheating - A. Reconstitute in convection oven at 325°F (163°C) until internal temperature reaches at least 160°F (71°C). Do not loosen or remove cover. OR
B. Reconstitute in 15 psi steam cooker until internal temperature reaches at least 160°F (71°C).
- Five pounds (2270g) serves 9 men.

Sweet and Sour Pork

L-82

Meat

1. Pork, boneless, diced - FSN 8905-1170-753-6503
MIL-P-43148, Type I

Vegetable

2. Bean sprouts, canned - FSN 8915-3380-085-1642
MIL-B-35012
3. Garlic, powder - FSN 8915-4110-616-5465
MIL-C-35008
4. Peppers, sweet, fresh - FSN 8915-5150-127-8006
FED-HHH-P-246
5. Pineapple, canned, chunked - FSN 8915-5240-170-5127
FED-Z-P-351, Style II or III

Dairy, Eggs & Condiments

6. Eggs, whole, frozen - FSN 8910-2180-127-8252
MIL-E-1037, Type I, Class 1, 2, or 3
- 7.
8. Soy sauce - FSN 8950-13720-935-3254
FED-EE-S-610
9. Salt - FSN 8950-13680-262-8886
FED-SS-S-31
10. Sugar, granulated - FSN 8925-8740-127-3074
FED-JJJ-S-00791 (Army-GL), Type I, Class (A)
11. Vinegar, cider - FSN 8950-13760-221-0297
FED-Z-V-401, Type I, Strength (B)

Special

12. Col-Flo-67 - Special Procurement

Sliced Pork Sandwich

L-81-1

Yield: 100 portions

Each portion: 2 slices (4 oz or 114g)
plus 4 oz (120 mlg)
gravy

Ingredients	Percentage	Pounds	Grams	Procedure
Pork loin, boneless	65.56	39.00	17706	1. Rub pork with salt and pepper; place in pans.
Salt, table	0.84	0.50	227	2. Insert meat thermometer in the center of the thickest part of a roast. Do not add water or cover.
Pepper, black	0.10	0.06	27	3. Roast 2 to 4 hours, or + 0 an internal temperature of 160°F (71°C) (in 325°F (183°C) oven).
				4. Let stand 20 minutes in chilling box before slicing into 2 oz slices. Set aside for step 9.
Meat drippings or shortening	2.52	1.50	681	5. Place meat drippings or shortening in steam kettle.
Flour, wheat, pastry	0.95	0.56	254	6. Sprinkle flour evenly over and cook at 200°F (93°C) for 10 minutes.
Col-Flo-67, starch	0.95	0.56	254	7. Mix starch, soup & gravy base, water and pepper together. Add to roux.
Water, tap	28.23	16.80	7627	
Soup & gravy base	0.84	0.50	227	
Pepper, black	0.01	0.01	4	
				8. Heat to 200°F (93°C) for 20 minutes.
				9. Place 2 1/2 lbs (1135g) of sliced roast and 2 1/2 lbs (1135g) of gravy in half steam table pan.
				10. Cover, label and freeze.
Total	100.00	59.49	27007	

Notes:

1. Reheating - A. Reconstitute in convection oven at (163°C) until internal temperature of the sliced pork reaches at least 160°F (71°C). Do not loosen or remove cover. OR
B. Reconstitute in 15 psi steam cooker with above conditions.
2. Five pounds (2270g) serves 10 men.

Sliced Pork Sandwich

I-81-1

Meat

1. Pork, loin, boneless - FSN 8905-1210-935-0618
FED-PP-00571 (Army-GL), Style B, Section No. 1, Code F-1

Dairy, Eggs & Condiments

2. Flour, wheat, pastry
FED-N-F-481, Type IV.
3. Shortening - FSN 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
4. Soup & gravy base, beef - FSN 8935-10310-753-6423
MIL-S-43690, Type 1
5. Pepper, black - FSN 8950-13360-127-8067
FED-EE-S-631, Type II
6. Salt, table - FSN 8950-13680-262-8886
FED-SS-S-31

Special

7. Col-Flo-67 - Special Procurement

Baked Pork Slices with Gravy

L-83

Yield: 100 portions

Each portion: 1 slice and 1 cup
of gravy (240 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Pork, slices, boneless partially thawed	59.23	35.00	15890	1. Dredge slices in seasoned flour; shake off excess.
Flour, wheat, pastry	2.96	1.75	795	2. Deep fry at 350°F (176°C) for 2-3 minutes till golden brown.
Salt, table	0.42	0.25	114	
Pepper, black	0.02	0.01	5	
Paprika, ground, dry	0.04	0.03	14	
Oregano, ground	0.03	0.01	5	
<u>Brown gravy</u>				
Flour, wheat, pastry	0.92	0.55	250	3. Mix all dry ingredients together and add to water. Stir vigorously to get into solution.
Col-Flo-67, starch	0.92	0.55	250	
Pepper, black	0.01	0.01	5	
Soup & gravy base	0.86	0.50	227	4. Heat for 20 minutes at 200°F (98°C) stirring constantly.
Water, tap	34.59	20.42	9271	5. Adjust to 2.4 gallons (9.1 L).
				6. Place 10 pork slices and 2 lbs (908 grams) of gravy per pan.
				7. Cover, label and freeze.
Total	100.00	59.08	26826	

Notes:

1. Reheat in convection oven at 350°F (176°C) until product internal temperature reaches no less than 160°F (71°C).

Baked Pork Slices with Gravy

L-83

Meat

1. Pork, boneless, slices - 8905-1230-753-6569
MIL-P-35098, Type II

Dairy, Eggs & Condiments

2. Flour, wheat, pastry
FED-N-F-481, Type IV
3. Soup & gravy base, beef - 8935-10310-753-6423
MIL-S-43690, Type I
4. Oregano - 8950-13310-582-1402
FED-EE-S-631, Type II
5. Paprika - 8950-13320-170-9563
FED-EE-S-631, Type II, C(2)
6. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
7. Salt, table - 8950-13680-262-886
FED-SS-S-31
8. Thyme - 8950-13750-616-5483
FED-EE-S-631, Type II

Special

9. Col-Flc-67 - Special Procurement.

Baked Stuffed Pork Chops

L-84 Ch 1

Yield: 100 portions

Each portion: 1 slice and 1/4 cup
(60 ml) of dressing

Ingredients	Percentage	Pounds	Grams	Procedure
Pork, sliced, boneless partially thawed	71.10	35.00	15890	1. Dredge pork chop in seasoned flour.
Flour, wheat, pastry	3.55	1.75	795	2. Deep fry at 350°F (176°C)
Salt, table	0.51	0.25	114	for 2 to 3 minutes or till
Pepper, black	0.06	0.03	14	golden brown. Place 8 pork chops in 1/2 steam table pans.
Bread, dry, broken	9.65	4.75	2157	3. In mixing bowl combine
Onions, dehydrated, chopped	0.38	0.18	82	bread, onions, pepper, poultry seasoning and salt. Mix
Pepper, black	0.01	0.01	4	thoroughly.
Poultry seasoning, dehydrated	0.13	0.06	27	4. Add water, but only enough to form a ball.
Shortening, melted	0.76	0.38	173	5. Add eggs and blend. Then
Eggs, whole, beaten	1.02	0.50	227	add shortening and blend.
Water, tap	12.80	6.30	2860	Only enough to mix.
Salt, table	0.03	0.02	9	6. Place 1/4 cup (55 grams) on each pork chop.
				7. Cover, label and freeze.
Total	100.00	49.23	22352	

Notes:

1. One pan contains 8 servings.
2. Reheating: A. Heat until internal temperature reaches at least 160°F (71°C), in a convection oven at 325°F (163°C). After internal temperature reaches 160°F (71°C) remove cover and heat for 15 minutes to brown.

Baked Stuffed Pork Chops

L-84

Meat

1. Pork, boneless, slices - 8905-1230-753-6569
MIL-P-35098, Type II

Vegetables

2. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)

Dairy, Eggs & Condiments

3. Eggs, whole, frozen - 8910-2180-127-8252
MIL-E-1037, Type I, Class 1, 2, or 3
4. Flour, wheat, pastry
FED-N-F-481, Type IV
5. Shortening - 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
6. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
7. Poultry, seasoning - 8950-13560-170-9558
FED-EE-P-600
8. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

9. Bread, dry, broken - Special Procurement

Breaded Pork Slices

L-86

Yield: 100 portions

Ingredients	Percentage	Pounds	Grams	Procedure
Pork slices boneless partially thawed	76.04	35.00	15890	1. Dredge (partially thawed)* pork slices in seasoned flour and crumbs.
Flour, wheat, pastry	3.80	1.75	795	
Salt, table	0.81	0.38	173	
Pepper, black	0.05	0.03	14	
Bread crumbs	8.69	4.00	1816	
Milk nonfat dry	0.83	0.38	173	2. Reconstitute milk, combine with beaten eggs.
Water, tap	7.61	3.50	1589	
Eggs, whole beaten	2.17	1.00	454	3. Dip slices in milk-egg mixture.
				4. Deep fat fry until brown (2-3 minutes).
				5. Shingle 10 slices into a half steam table pan.
				6. Cover, label and freeze.
Total	100.00	46.04	20904	

Notes:

1. Reheating - Place frozen slices one layer deep on sheet pans. Reheat in convection oven at 350°F (176°C) until product temperature reaches no less than 160°F (71°C) (approximate reheat time - 20 minutes).

*Note: Slice may come apart if allowed to thaw too much or cooked too long in fryer.

Breaded Pork Slices

L-86

Meat

1. Pork, boneless, slices - 8905-1230-753-6569
MIL-P-35098, Type II

Dairy, Eggs & Condiments

2. Bread, crumbs - 8920-6285-141-0136
High commercial grade
3. Eggs, whole, frozen - 8910-2180-127-8252
MIL-E-1037, Type I, Class 1, 2, or 3
4. Flour, wheat, pastry
FED-N-F-481, Type IV, Class B, Style 2
5. Milk, nonfat, dry - 8910-4500-151-6465
MIL-M-00350-52 (GL), Type II, Style A, as modified
6. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
7. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Creole Pork Slices

L-83-1 CH-2

Yield: 100 portions

Each portion: 1 slice and 1/3 cup
(80 ml) sauce

Ingredients	Percentage	Pounds	Grams	Procedure
Pork slices boneless partially thawed	63.12	35.00	15890	1. Dredge slices in seasoned flour; shake off excess. Deep fat fry at 350°F (176°C) for 2-3 minutes till golden brown.
Flour, wheat, pastry	3.16	1.75	795	
Salt, table	0.45	0.25	114	
Pepper, black	0.02	0.01	5	
Paprika, ground	0.04	0.03	14	
Oregano, ground	0.03	0.01	5	
<u>Creole sauce</u>				
Onions, dehydrated, chopped	0.34	0.19	86	2. Rehydrate onions with water provided. Saute onions, peppers, and celery in shortening 10 minutes or until tender.
Water, tap	0.68	0.37	168	
Peppers, sweet fresh, chopped	2.70	1.50	681	
Celery, fresh chopped	2.70	1.50	681	
Shortening	1.80	1.00	454	
Tomatoes canned, crushed	23.00	12.75	5789	3. Add tomatoes and seasonings to vegetables. Bring to a boil and simmer 10 minutes.
Salt, table	0.23	0.12	54	
Pepper, black	0.02	0.01	5	
Sugar, white granulated	0.23	0.12	54	
Worcestershire sauce	0.12	0.06	27	
Flour, wheat, pastry	0.23	0.12	54	4. Blend flour, starch and water to make a smooth paste; add to sauce. Adjust to 2 gallons (7.6L). Simmer sauce 20 minutes or until thickened stirring constantly.
Col-Flo-67 Starch	0.23	0.12	54	
Water, tap	0.90	0.50	227	
				5. Place 10 pork slices and 27 ounces (780g) of sauce per half steam table pan.
				6. Cover, label and freeze.
Total	100.00	55.41	25157	

Notes:

1. Sauce volume - 2 gallons (7.7L)/100 portions.
Serving weight - 2.7 oz (151g) sauce yields 1/3 cup.
2. Reheating - Reheat pans at 325°F (163°C) until internal product temperature reaches no less than 160°F (71°C). Do not loosen or remove covers while heating.

Creole Pork Slices

L-83-1

Meat

1. Pork, boneless, slices - 8905- 1230-753-6569
MIL-P-35098, Type II

Vegetable

2. Celery, fresh - 8915-3630-252-3783
FED-HHH-C-00191 (AGR-G&MS)
3. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)
4. Peppers, sweet, fresh - 8915-5150-127-8006
FED-HHH-P-246

Dairy, Eggs & Condiments

5. Flour, wheat, pastry
FED-N-F-481, Type IV
6. Shortening - 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
7. Oregano - 8950-13310-582-1402
FED-EE-S-631, Type II
8. Paprika - 8950-13320-170-9563
FED-EE-S-631, Type II, C(2)
9. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
10. Salt, table - 8950-13680-262-8886
FED-SS-S-31
11. Thyme - 8950-43750-616-5483
FED-EE-S-631, Type II

Grilled Ham Steaks

L-65-2

Yield: 100 portions

Each portion: 2 slices (4 oz) (114g)

Ingredients	Percentage	Pounds	Grams	Procedure
Ham, canned, whole Pullman	100.00	30.00	13620	1. Slice ham into 2 oz (56g) steaks. Cut fat edge of each steak in several places to prevent curling. 2. Place 20 slices of ham in 1/2 steam table pan or till weight is 2.5 lbs (1135g). 3. Cover, label and refrigerate.
Total	100.00	30.00	13620	

Notes:

1. Reheating - Grill on lightly greased 350°F (176°C) griddle, 1-2 minutes on each side or until browned. Remove fat from griddle as it accumulates.
2. Two and a half pounds (1135g) serves 10 men.

Grilled Ham Steaks

L-65-2

Meat

1. Ham, canned, whole Pullman - FSN 8905-880-410-4670
FED-PP-H-61, Type II

Barbecued Pork Spareribs

L-92

Yield: 100 portions

Each portion: 2 double ribs, plus
1/4 cup (60 ml) sauce
Temperature: 400°F (204°C): 325°F
(163°C) oven

Ingredients	Percentage	Pounds	Grams	Procedure
Pork spareribs	67.81	75.00	34050	1. Cut ribs into two rib pieces. 2. Place cut ribs in single layer, fat side up in sheet pans. Bake 40 minutes at 400°F (204°C) or until golden brown. 3. Drain ribs and place in field lugs (50 portions per lug). Hold for step 5.
Chilli powder, dark	0.68	0.75	341	4. Combine all seasoning ingredients in steam kettle, mix thoroughly and heat to a boil, reduce heat and simmer 10 minutes. Bring volume back to 4 gallons with water, mix and heat to 180°F (82°C).
Pepper, black	0.02	0.02	10	5. Pour simmered sauce equally over ribs, making sure all ribs have sauce. Cover pans.
Pepper, cayenne	0.01	0.02	7	6. Bake at 325°F (163°C) for 1-1/2 hours, remove lid and continue baking until ribs are tender.
Salt, table	0.23	0.25	114	7. Place 16 double rib pieces in each pan.
Onion, powder	0.06	0.07	32	8. Skim off excess fat from sauce. Pour 2 lbs (908g) of sauce over ribs.
Brown sugar, light	0.30	0.33	150	9. Cover, label and freeze.
Paprika, ground	0.10	0.11	50	
Col-Flo-67 Starch	0.27	0.30	136	
Catsup, tomato	20.80	23.00	10442	
Worcestershire sauce	1.81	2.00	908	
Mustard, prepared	0.90	1.00	454	
Vinegar, cider	1.81	2.00	908	
Lemon juice	0.68	0.75	341	
Water, tap	4.52	5.00	2270	
Total	100.00	110.60	50213	

Notes:

1. Formula makes 13 pans, each pan feeds 8 men.
2. Pans require 1 hour 15 minutes to reach an internal temperature of 160°F (71°C) using convection oven at 325°F (163°C) and heating from -18°C.
3. Sheet pans - Length: 25 inches; width (63.5 cm); 17 inches; depth (43.2 cm); 1-1/4 inches (3.18 cm).
4. Field lugs - Length: 20 inches; width (50.8 cm); 17 inches; depth (43.2 cm); 6-1/2 inches (16.5 cm).

Barbecued Pork Spareribs

L-92

Meat

1. Pork, spareribs - 8905-1250-491-7209
FED-PP-P-00571 (Army-GL), Style B, Section No. 1 or 2, Code F-5

Vegetables

2. Juice, lemon, instant - 8915-4380-124-1950
MIL-J-43430
3. Onion, dehydrated, powder - 8915-4730-132-6347
FED-JJJ-O-533, Style 2, Color (A)

Dairy, Eggs & Condiments

4. Catsup, tomato - 8950-12630-127-9789
FED-JJJ-C-91, Type I or II, Flavor Style I
5. Mustard, prepared - 8950-13230-127-8024
FED-EE-M-821, Type I
6. Sugar, brown - 8925-8670-566-7506
FED-JJJ-S-00791 (Army-GL), Type II, Class (A), (B) or (C)
7. Chili powder - 8950-12690-753-2962
MIL-C-3394
8. Paprika - 8950-13320-170-9563
FED-EE-S-631, Type II
9. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
10. Pepper, cayenne - 8950-13370-170-9565
FED-EE-S-631, Type II
11. Salt, table - 8950-13680-262-8886
FED-SS-S-31
12. Vinegar, cider - 8950-13760-221-0297
FED-Z-V-401, Type I, Strength (B)
13. Worcestershire sauce - 8950-13790-082-6177
FED-EE-W-00600 (Army-GL)

Special

14. Col-Flo-67 - Special Procurement

Braised Spareribs with Sauerkraut

L-93

Yield: 100 portions

Each portion: 2 double ribs, 1/2 cup
(120 ml) sauerkraut

Temperature: 204°C - 163°C oven

Ingredients	Percentage	Pounds	Grams	Procedure
Pork spareribs	59.45	75.00	34050	1. Cut ribs into two rib pieces. 2. Place cut ribs in single layer, fat side up in sheet pans. Bake 40 minutes at 400°F (204°C) or until golden brown. 3. Drain ribs and place in field lugs (50 portion per pan). Hold for step 4.
Onions, dehydrated, chopped	0.56	0.70	318	4. Combine onions, salt, pepper and water together, mix thoroughly and spread evenly over ribs. 5. Bake covered at 325°F (163°C), 1-1/2 to 2 hours or until ribs are tender.
Salt, table	0.32	0.40	182	
Pepper, black	0.05	0.06	28	
Water, hot	19.02	24.00	10896	
Sauerkraut, canned, drained	20.60	26.00	11804	6. Pan in 1/2 size steam table pans as follows: (a) Spread 8 double ribs over bottom of pan. (b) Spread 1 lb. (454g) of sauerkraut over ribs. (c) Spread 8 more double ribs over sauerkraut. (d) Spread 1 lb. (454g) of sauerkraut on top. 7. Cover, label and freeze.
Total	100.00	126.16	57278	

Notes:

1. Formula makes 13 pans, each pan feeds 8 men.
2. Reconstitute in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C) (1 hour, 20 minutes).
3. Five pounds (2270g) dry chopped onions may be substituted for dehydrated onions in step 4.
4. Sheet pans - length: 25 inches (63.5 cm); width: 17 inches (43.2 cm); depth: 1-1/4 inches (3.18 cm).
5. Field lugs - length: 20 inches (50.8 cm); width: 17 inches (43.2 cm); depth: 6-1/2 inches (16.5 cm).

Braised Spareribs with Sauerkraut

L-93

Meat

1. Pork, spareribs - 8905-1250-491-7209
FED-PP-P00571 (Army-GL), Style B, Section No. 1 or 2, Code F-5

Vegetable

2. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1 - Color (A)
3. Sauerkraut, canned - 8915-5690-957-9558
FED-JJJ-S-71, Style 1, Type of Pack (A)

Dairy, Eggs & Condiments

4. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
5. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Barbecued Chicken

L-128

Yield: 100 portions

Each portion: 2 pieces
Temperature: 325°F oven

Ingredients	Percentage	Pounds	Grams	Procedure
Chicken, broiler, fryer, cut-up	54.56	50.00	22700	1. Separate legs, wings, breasts and thighs, into individual greased pans. 2. Heat uncovered in 375°F (190°C) oven until slightly brown (20-30 minutes).
Shortening	1.09	1.00	454	
Onions, dehydrated, sliced	0.40	0.37	168	3. Combine water, starch and all remaining seasonings into steam kettle and heat to 200°F (93°C). 4. Simmer for 15 minutes.
Worcestershire sauce	2.46	2.25	1022	
Catsup, tomato	18.00	16.50	7491	5. Add vinegar, mix well and bring back to a volume of 4 gallons (15.1 L) with hot water. 6. Pour sauce equally over each pan of chicken, cover and bake at 325°F (163°C) to an internal temperature of 165°F (74°C) (1-1/2 hours). 7. Place 4 legs, 4 wings, 4 breasts and 4 thighs in each pan. Pour 2 lbs (908g) of sauce over each pan. 8. Cover, label and freeze.
Mustard, prepared	1.09	1.00	454	
Sugar, light brown	2.73	2.50	1135	
Salt, table	0.71	0.65	295	
Pepper, black	0.01	0.01	4	
Pepper, red	0.01	0.01	4	
Margarine or butter	1.09	1.00	454	
Col-Flo-67 Starch	0.38	0.35	159	
Water, tap	13.10	12.00	5448	
Vinegar, white	4.37	4.00	1816	
Total	100.00	91.64	41604	

Notes:

1. Formula makes 13 pans, each pan feeds 8 men.
2. Three pounds (1362g) of fresh onions may be substituted for dehydrated onions in step 3.
3. Reconstitute in 350°F (176°C) convection oven covered to 160°F (71°C) internal temperature (1 hour, 10 minutes).

Barbecued Chicken

L-128

Meat

1. Chicken, cut-up - 8905-550-965-2128
FED-PP-C-248, Type IV, Class 1, Style 4

Vegetable

2. Onions, dehydrated, sliced - 8915-4740-128-1171
FED-JJJ-O-533, Style 3, Color (A)

Dairy, Eggs & Condiments

3. Butter - 8910-1870-616-0038
FED-C-B-0081 (Army-GL), Style (B) or (D), Class 1, 2, 3 or 4
4. Catsup, tomato - 8950-12630-127-9789
FED-JJJ-C-91, Type I or II, Flavor Style 1
5. Margarine - 8945-12220-222-0567
MIL-M-10958, Class 1 or 2
6. Mustard, prepared - 8950-13230-127-8024
FED-EE-M-821, Type I
7. Shortening - 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
8. Sugar, brown - 8925-8670-566-7506
FED-JJJ-S-00791 (Army-GL), Type II, Class (A), (B), or (C)
9. Pepper, black - 8950-13360-127-8067
FED-EE-S-631
10. Pepper, cayenne - 8950-13370-170-9565
FED-EE-S-631, Type II, B
11. Salt, table - 8950-13680-262-8886
FED-SS-S-31
12. Vinegar, wine, white - 8950-13770-616-0213
FED-Z-V-401, Type IV, Class 1 or 2 Strength (B)
13. Worcestershire sauce - 8950-13790-082-6177
FED-EE-W-00600 (Army-GL)

Special

14. Col-Flo-67 - Special Procurement

Chicken Pot Pie

L-132

Yield: 100 portions

Each portion: 1 cup (240 ml) and
topping

Ingredients	Percentage	Pounds	Grams	Procedure
Chicken, whole, raw	43.57	45.00	20430	1. Place whole chickens in deep sided pans. Mix seasoning with water and divide equally among pans. Cover and place in steam oven and cook for approximately 45 minutes or until chicken reaches 175°F (79°C). After cooking drain stock and retain for use in step 3. Place cooked chicken in cooler to bring temperature down enough to handle. Debone and deskin and save for use in step 6.
Water, tap	13.00	13.42	6093	
Salt, table	0.34	0.35	159	
MSG	0.17	0.18	82	
Bay leaves, ground		0.01	4	
Butter or margarine	0.91	0.94	427	2. Melt margarine in steam kettle. Add flour and cook to a smooth sauce (10 minutes).
Flour, wheat, pastry	1.14	1.18	536	
Chicken stock	21.80	22.52	10224	3. Add chicken stock and seasonings. Mix thoroughly.
Pepper, black	0.02	0.02	9	
Celery salt	0.02	0.02	9	
Salt, table	0.05	0.05	23	
Potatoes, raw, diced 1-1/2 inch	3.66	3.78	1716	4. Add carrots and potatoes. Cook until vegetables are slightly undercooked. Then add peas heating to 180°F (82°C).
Carrots, raw, sliced 1/2 inch	3.66	3.78	1716	
Peas, frozen	5.92	6.11	2774	
Col-Flo-67 Starch	0.90	0.93	422	5. Mix starch with a small amount of water in a separate container to make a slurry. Turn off heat and slowly add slurry while stirring constantly.
Topping mixture	4.84	5.00	2270	6. Add deboned chicken and mix thoroughly. Heat contents to 180°F (82°C). 7. Fill 1/2 steam tables pans with 5 lbs chicken mixture. Add cooked dough strips to panned chicken, approximately 4/pan. 8. Cover, label and freeze.
Total	100.00	103.29	46894	

Notes:

1. Reheating - A. Reconstitute in convection oven at 325°F (163°C) until internal temperature reaches at least 160°F (71°C). Then remove cover for 15 minutes or until topping is brown.
2. Cooked deboned chicken may be substituted for the whole raw chickens at the rate of 1 lb (454g) of cooked per 3 lbs (1362g) of raw whole chickens.
3. Five pounds (2270g) serves 10 men.

Chicken Pot Pie

L-132

Meat

1. Chicken, whole - 8905-580-126-3416
FED-PP-C-148, Type II, III, or IV, Class 1, Style 1

Vegetable

2. Carrots, fresh - 8915-2580-127-8019
FED-HHH-C-81
3. Peas, frozen - 8015-5090-127-8021
FED-HHH-P-160
4. Potatoes, white, fresh - 8915-5470-616-0220
FED-HHH-P-622

Dairy, Eggs & Condiments

5. Butter - 8910-1870-616-0038
FED-C-00801 (Army-GL), Style (B) or (D), Class 1, 2, 3 or 4
6. Flour, wheat, pastry - 8920-165-6898
FED-N-F-481, Type IV
7. Margarine - 8945-12220-122-0567
MIL-M-10958, Class 1 or 2
8. Bay leaves - 8950-12560-170-9561
FED-EE-S-631, Type I
9. Celery salt - 8950-12650-127-8044
MIL-C-10023
10. MSG - 8950-13190-263-2786
FED-EE-M-591
11. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
12. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

13. Col-F10-67 - Special Procurement

Chicken Pot Pie Topping

L-132

Ingredients	Percentage	Pounds	Grams	Procedure
Flour, sifted, pastry	46.60	2.33	1058	1. Using a suitable mixer, blend the dry ingredients together.
Nonfat dried milk	2.98	0.15	68	
Baking powder	2.08	0.10	45	
Salt, table	0.90	0.05	23	
Sugar, white granulated	1.00	0.05	23	
Shortening	15.52	0.78	354	2. Blend shortening into dry ingredients until mixture resembles coarse crumbs. Do not over mix.
Water, tap	30.92	1.55	704	3. Gradually add water and mix only enough to form a soft dough.
				4. Place dough on lightly floured board, kneading lightly about 1 minute or until dough is smooth.
				5. Roll out to uniform thickness of 1/4 inch.
				6. Cut into 1 inch strips to fit 1/2 steam table pans.
				7. Bake 10 or 15 minutes in a preheated 425°F (218°C) revolving oven.
				8. When baked place strips over prepared pot pie.
Total	100.00	5.01	2275	

Chicken Pot Pie Topping

L-132

Dairy, Eggs & Condiments

1. Baking powder - 8950-12530-125-6333
FED-EE-B-25, Type 1
2. Flour, wheat, pastry - 8920-115-6898
FED-N-F-481, Type IV
3. Milk, nonfat, dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified
4. Shortening O 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
5. Sugar, granulated - 8925-8740-127-3074
FED-JJJ-S-00791 (Army-GL), Type I, Class (A)
6. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Country Style Chicken

L-135

Yield: 100 portions

Each portion: 2 pieces chicken
1/2 cup (120 ml) gravy
Temperature: 325°F (163°C) oven,
360°F (182°C) deep fat

Ingredients	Percentage	Pounds	Grams	Procedure
Chicken, broiler, fryer, cut-up	52.43	50.00	22700	1. Wash chickens thoroughly under running water. Drain well.
Flour, wheat, pastry	4.20	4.00	1816	2. Dredge chicken in seasoned flour, shake off excess.
Salt, table	0.52	0.50	227	3. Deep fat fry at 360°F (182°C) until brown (3-5 minutes).
Pepper, black	0.02	0.02	8	
Paprika, ground	0.02	0.02	10	
Water, hot	8.39	8.00	3632	4. Separate chicken pieces and place in individual full size steam table pans. Add 1 quart of water to each pan. 5. Cover pans and bake 45 minutes or until chicken reaches an internal temperature of 165°F (74°C). 6. Remove 4 legs, 4 wings, 4 thighs and 4 breasts from pans and place in 1/2 size steam table pan. Set aside for step 11. Reserve stock.
Col-Flo-67 Starch	0.79	0.75	341	7. Combine all ingredients together mix well and add to steam kettle. Heat to 180°F (82°C). Hold for step 9.
Milk, nonfat dry	0.79	0.75	341	
Water or stock	29.37	28.00	12712	
Soup and gravy base, chicken flavor	0.79	0.75	341	
Shortening	1.89	1.80	817	8. Heat shortening in separate steam kettle, add flour slowly with thorough mixing. Cook 10 minutes.
Flour, wheat, pastry	0.79	0.75	341	9. Add mixture from step 7 to flour, shortening mixture, heat to 180°F (82°C) and cook 15 minutes.
				10. Bring volume back to 3.5 gallons (13.3L) with hot water.
				11. Place 2.25 lbs (1022g) of gravy over each pan of chicken.
				12. Cover, label and freeze.
Total	100.00	95.34	43286	

L-135

Notes:

1. Formula makes 13 pans, each pan feeds 8 men.
2. In step 3, chicken may be browned in oven at 400°F (204°C) for 20 minutes.
3. Other types of milk may be used in step 7, such as whole white.
4. Reconstitute in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C)(1 hour, 15 minutes).

Country Style Chicken

L-135

Meat

1. Chicken, cut-up - 8905-550-965-2128
FED-PP-C-248, Type IV, Class 1, Style 4

Dairy, Eggs & Condiments

2. Flour, wheat, pastry - 8920-165-6898
FED-N-F-481, Type IV
3. Milk, nonfat dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified
4. Shortening - 8945-12310-616-0091
FED-EE-E-0032 (Army-GL), Type II, Class 1
5. Soup and gravy base, chicken - 8935-10330-753-6424
MIL-S-43690, Type II
6. Paprika - 8950-13320-170-9563
FED-EE-S-631, Type II
7. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
8. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

9. Col-Flo-67, Special Procurement

Oven-Fried Chicken

L-138

Yield: 100 portions

Each portion: 2 pieces

Ingredients	Percentage	Pounds	Grams	Procedure
Chicken, broiler, fryer, cut-up	78.52	50.00	22700	1. Separate pieces of chicken into individual parts (wings, legs, thighs, breasts). Wash thoroughly. Drain well.
Nonfat dry milk	0.63	0.40	182	2. Reconstitute milk with water; add eggs and mix thoroughly. Dip chicken in egg mixture. Drain and save for step 4.
Water, tap	4.32	2.75	1249	
Egg, whole, beaten	3.14	2.00	908	
Flour, wheat, pastry	4.71	3.00	1362	3. Combine flour, salt, pepper, paprika and bread crumbs, mix thoroughly.
Salt, table	0.79	0.50	227	4. Dredge chicken in seasoned flour. Shake off excess. 5. Brown chicken in deep fat fryer at 365°F (185°C) for 2 minutes or until brown. 6. Place browned chicken in open pans and bake at 350°F (176°C) in revolving oven to an internal of 165°F (74°C) (45 minutes). 7. Place 16 pieces (4 wings, 4 thighs, 1 legs and 4 breasts) in 1/2 steam table pan. 8. Cover, label and freeze.
Pepper, black	0.01	0.01	5	
Bread crumbs, dry	7.86	5.00	2270	
Paprika, ground	0.02	0.02	8	
Total	100.00	63.68	28911	

Notes:

1. Formula makes 13 pans; each pan feeds 8 men.
2. Reconstitute covered in 350°F (176°C) convection oven to an internal temperature of 160°F (71°C) (1 hour, 15 minutes).

Oven-Fried Chicken

L-138

Meat

1. Chicken, cut-up - 8905-550-965-2128
FED-PP-C-248, Type IV, Class 1, Style 4

Dairy, Eggs & Condiments

2. Bread, crumbs - 8920-6285-141-0136
High Commercial Grade
3. Eggs, whole, frozen - 8910-2180-127-8252
MIL-E-1037, Type I, Class 1, 2 or 3
4. Flour, wheat, pastry - 8920-163-6898
FED-N-F-431, Type IV
5. Milk, nonfat dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified
6. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
7. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Creamed Turkey

L-29-7

Yield: 100 portions

Each portion: 1 cup (240 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Shortening, melted	3.85	2.50	1135	1. Place shortening in steam kettle and heat. Stir in flour to make a roux. Cook for 10 minutes.
Flour, wheat, pastry	1.92	1.25	568	
Col-Flo-67 Starch	1.92	1.25	568	2. Mix the starch, soup and gravy base and water together and add to roux. Heat till thickened.
Water, warm	38.79	25.20	11441	
Soup & gravy base (chicken)	1.15	0.75	340	
Salt, table	0.29	0.19	86	3. Add seasonings and vegetables, bring to boil, stirring constantly.
Pepper, black	0.05	0.03	14	
Onions, dehydrated, chopped	0.19	0.11	59	
Celery, fresh, chopped	7.70	5.00	2270	
Turkey, boneless cooked (roll) 1 inch diced	30.78	20.00	9080	4. Add diced turkey and heat.
Milk, nonfat, dry	1.25	0.81	368	5. Reconstitute milk, add to ingredients. 6. Adjust volume to 7.5 gallons (28.4L). Heat to 180°F (82°C) temperature. Do not boil. 7. Weigh 5 lbs (2270g) of product into 1/2 steam table pans. 8. Cover, label and freeze.
Water, warm	12.11	7.88	3578	
Total	100.00	64.99	29507	

Notes:

1. Reheat - A. Reconstitute in convection oven at 325°F (163°C), until internal temperature reaches at least 160°F (71°C). Do not loosen or remove cover. OR
B. Reconstitute in 15 psi steam cooker with above conditions.
2. Five pounds (2270g) serves 10 men.

Creamed Turkey

L-29-7

Meat

1. Turkey, boneless, cooked, roll - 8905-1540-582-4042
MIL-T-16660, Type III or IV, Class A or B

Vegetables

2. Celery, fresh - 8915-3630-252-3783
FED-HHH-C-00191 (AGR-CAMS)
3. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)

Dairy, Eggs & Condiments

4. Flour, wheat, pastry - 8920-165-6898
FED-N-F-481, Type IV
5. Milk, nonfat, dry - 8910-2500-151-6465
MIL-M-OC35052 (GL), Type II, Style A, as modified
6. Shortening - 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
7. Soup & gravy base, chicken - 8935-10330-753-6424
MIL-S-43690, Type II
8. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
9. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

10. Col-F10-67 - Special Procurement

Hot Turkey Sandwich

L-143-3

Yield: 100 portions

Each portion: 4 oz meat (114g)
4 oz gravy (120 ml)

<u>Ingredients</u>	<u>Percentage</u>	<u>Pounds</u>	<u>Grams</u>	<u>Procedure</u>
Turkey, boneless cooked (Class A Roll)	50.00	28.00	12712	1. Slice turkey in 1/8 inch slices. 2. Pan 2-1/2 lbs (1135g) into each 1/2 steam table pan. These slices should be shingled to surface area will be exposed to gravy. 3. Set aside for step 7.
Flour, wheat, pastry	2.23	1.25	568	4. Mix all dry ingredients with water. Blend well with wire whip.
Col-Flo-67, Starch	1.79	1.00	454	
Water, tap	44.62	24.99	11346	5. Pour into steam kettle and cook for 15 minutes with constant stirring.
Soup & gravy base chicken flavor	1.34	0.75	341	6. Adjust volume to 3 gallons (11.4L) with hot water.
Pepper, black	0.01	0.01	5	7. Pour 2-1/2 lbs (1135g) of gravy over panned sliced turkey in step 3.
Carmel coloring	0.01	0.01	3	8. Cover, label and freeze.
<u>Total</u>	<u>100.00</u>	<u>56.01</u>	<u>25429</u>	

Notes:

1. Reconstitute in convection oven at 350°F (176°C) until internal temperature of product reaches 160°F (71°C).

Hot Turkey Sandwich

L-143-3

Meat

1. Turkey, boneless, cooked, roll - 8905-1540-582-4042
MIL-T-16660, Type III or IV, Class A or B

Dairy, Eggs & Condiments

2. Flour, wheat, pastry - 8920-165-6898
FED-N-F-481, Type IV
3. Food coloring, carmel - 8950-12940-782-2181
MIL-F-35093, Type V
4. Soup & gravy base, chicken - 8935-10330-753-6424
MIL-S-43690, Type II
5. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II

Special

6. Col-Slo-67 - Special Procurement

Turkey a-la-King

L-129-1 Ch.2

Yield: 100 portions

Each portion: 1 cup (240 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Shortening, melted	3.74	2.50	1135	1. Place shortening in steam kettle and heat. Stir in flour to make a roux. Cook for 10 minutes.
Flour, wheat, pastry	1.87	1.25	568	
Col-Flo-67, Starch	1.87	1.25	568	2. Mix starch, soup and gravy base and water together and add to roux. Heat till thickened.
Water, warm	37.70	25.20	11441	
Soup & gravy base (chicken)	1.12	0.75	341	
Salt, table	0.28	0.19	86	3. Add seasonings and vegetables being to boil, stirring constantly.
Pepper, black	0.04	0.03	14	
Onions, dehydrated, chopped	0.19	0.13	59	
Celery, fresh, chopped	7.48	5.00	2270	
Turkey, boneless cooked (roll) 1 inch diced	29.92	20.00	9080	4. Add diced turkey, peppers and pimientos to mixture and heat to 180°F (82°C).
Pepper, sweet fresh, chopped	1.49	1.00	454	
Pimientos, canned, chopped	1.31	0.88	400	
Milk, nonfat dry	1.22	0.81	368	5. Reconstitute milk, add to ingredients.
Water, warm	11.77	7.88	3578	
				6. Adjust volume to 7.5 gallons (28.4L). Heat to simmering temperature. Do not boil. (180°F or 82°C)
				7. Weigh 5 lbs (2270g) of product into 1/2 steam table pans.
				8. Cover, label and freeze.
Total	100.00	66.87	30362	

Notes:

- Reheating - A. Reconstitute in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Do not loosen or remove cover. OR
B. Reconstitute in 15 psi steam cooker with above conditions.
- Five pounds (2270g) serves 10 men.

Turkey a-la-King

L-129-1 Ch.2

Meat

1. Turkey, boneless, cooked, roll - 8905-1540-582-4042
MIL-T-16660, Type III or IV, Class A or B

Vegetables

2. Celery, fresh - 8915-3630-252-3783
FED-HHH-C-00191 (AGR-C&MS)
3. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)
4. Peppers, sweet, fresh - 8915-5150-127-8006
FED-HHH-P-256
5. Pimientos, canned - 8915-5200-935-6371
FED-JJJ-P-400, Style I, II or III

Dairy, Eggs & Condiments

6. Flour, wheat, pastry - 8920-165-6898
FED-N-F-481, Type IV
7. Milk, nonfat, dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified
8. Shortening - 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
9. Soup & gravy base, chicken - 8935-10330-753-6424
MIL-S-43690, Type II
10. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
11. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

12. Col-Flo-67 - Special Procurement

Breaded Veal Steaks

L-99

Yield: 100 portions

Each portion: 1 steak

Temperature: 360°F (182°C) Deep Fat
325°F (163°C) Oven

Ingredients	Percentage	Pounds	Grams	Procedure
Veal, boneless, slices, (100 pieces)	79.29	35.00	15890	1. Dredge slices in seasoned flour; shake off excess. Set aside for use in step 3.
Flour, wheat, pastry	4.53	2.00	908	
Salt, table	1.13	0.50	227	
Pepper, black	0.07	0.03	14	
Milk, nonfat, dry	0.46	0.20	92	2. Reconstitute milk; add
Water, warm	4.19	1.85	840	eggs and thoroughly mix.
Eggs, whole, beaten	2.26	1.00	454	3. Dip floured slices in milk and egg mixture; drain well. Hold for step 4.
Bread crumbs, dry	7.93	3.50	1589	4. Dredge each slice from step 3 in mixture of bread crumbs and paprika, until well coated, shake off excess.
Paprika, ground	0.14	0.06	28	
				5. Fry in deep fat 360°F (182°C) until evenly browned (2-2-1/2 minutes). Drain well.
				6. Place 10 slices in each steam table pan. Do not cover.
				7. Bake until tender (1-1/2 hours).
				8. Cover, label and freeze.
Total	100.00	44.14	20042	

Notes:

1. Formula makes 10 pans; each pan serves 10 men, one steak.
2. Reconstitute covered in 325°F (163°C) convection oven to 165°F (74°C) (1 hour, 15 minutes).
3. Steaks may be heated by placing on sheet pan in 400°F (204°C) convection oven for 15-20 minutes.

Breaded Veal Steaks

L-99

Meat

1. Veal, Boneless, Sliced - 8905-1640-616-0031
MIL-V-43299, Type III

Dairy, Eggs & Condiments

2. Bread, crumbs - 8920-6285 141-0136
High Commercial Grade
3. Egg, whole, frozen - 8910-2180-127-8252
MIL-E-1037, Type I, Class 1, 2 or 3
4. Milk, nonfat, dry - 8910-2500-151-6465
MIL-M-0035052(GL), Type II, Style A, as modified
5. Flour, wheat, pastry - 7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2
6. Paprika - 8950-13320-170-9563
FED-EE-S-631, Type II C(2)
7. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
8. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Veal Loaf with Brown Gravy

L-35 (1) (0-16)

Yield: 100 portions

Each portion: 6 oz (170g) meat and
4 oz (120 ml) gravy
Temperature: 325°F (163°C) Oven

Ingredients	Percentage	Pounds	Grams	Procedure
Onions, dehydrated, chopped	0.25	0.18	82	1. Rehydrated onions in excess water 10 minutes. Drain.
Peppers, sweet fresh green (finely chopped)	0.70	0.50	227	2. Saute vegetables in shortening until lightly browned, cool slightly and add to step 3.
Celery, fresh (finely chopped)	1.41	1.00	454	
Shortening	0.70	0.50	227	
Veal, boneless, ground	28.04	20.00	9080	3. Combine sauteed vegetables, bread crumbs, beef, eggs, seasoning and water in mechanical mixer. Mix lightly (enough to complete mixing).
Beef, boneless, ground	14.02	10.00	4540	4. Place 2-1/2 lbs (1135g) of veal loaf in greased bread pans (8-1/2 inch x 4-1/2 inch x 2-3/4 inch deep, (21.6 cm) x (11.4) x (7 cm deep).
Eggs, whole, beaten	1.82	1.30	590	5. Heat in 325°F (163°C) oven to an internal temperature of 165°F (74°C) (1 hour, 20 minutes). Place in freezer or refrigerator to bring temperature down to 60°F (16°C) and slice into 3 oz (85g) slices 9/16 inch (1.4 cm). Place 20 slices to a pan and hold for step 9.
Salt, table	0.56	0.40	182	
Pepper, black	0.04	0.03	14	
Bread crumbs, dry	5.61	4.00	1816	
Water, tap	8.41	6.00	2724	
Shortening	0.70	0.50	227	
<u>Gravy</u>				
Meat drippings and clear fat or shortening	2.10	1.50	681	6. Heat fat in steam kettle.
Flour, wheat, pastry	1.40	1.00	454	7. Sprinkle flour evenly over fat and cook 10 minutes.
Col-Flo-67 Starch	0.70	0.50	227	8. Combine starch, stock or water and remaining ingredients together heat to 180°F (82°C) and add to fat flour mixture. Mix well and cook for 20 minutes. Adjust volume to gallons (11.4L) with hot water.
Stock or water, cold	32.96	23.50	10669	
Pepper, black	0.01	0.01	4	
Caramel coloring	0.01	0.01	4	
Soup & gravy base, beef	0.56	0.40	182	

Veal Loaf with Brown Gravy
(cont'd)

L-35,1) (0-16)

<u>Ingredients</u>	<u>Percentage</u>	<u>Pounds</u>	<u>Grams</u>	<u>Procedure</u>
				9. Pour 2.5 lbs (1135g) of gravy over each pan of veal.
				10. Cover, label and freeze.
<u>Total</u>	100.00	71.33	32384	

Notes:

1. One and 25/100 pounds (572g) of fresh onions may be used in step 1.
2. One and a half ounce (42.5g) of dehydrated green peppers may be used in step 2.
3. Formula yields 10 pans; each pan feeds 10 men a 6 oz (170g) serving.
4. Reconstitute pans covered in 325°F (163°C) convection oven to 160°F (71°C) internal temperature (1 hour).
5. Bread dry broken may be substituted for bread crumbs as follows:
Place formula water from step 3 in broken bread and whip until
large pieces are unidentifiable. Press out and discard excess water.
6. Vegetables in step 1 and 2 may be ground rather than finely chopped.

Veal Loaf with Brown Gravy

L-35(1) (0-16)

Meat

1. Beef, boneless, ground - 8905-310-285-2075
MIL-B-003854(GL), Type I
2. Veal, boneless, ground - 8905-1640-616-0031
MIL-V-43299, Type III

Vegetables

3. Celery, fresh - 8915-3630-252-3783
FED-HHH-C-0091, (AGR-C&MS)
4. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)
5. Peppers, sweet - 8915-5150-127-8006
FED-HHH-P-246

Dairy, Eggs & Condiments

6. Bread, crumbs - 8920-6285-141-0136
High Commercial Grade
7. Eggs, whole, frozen - 8910-2180-127-3252
MIL-E-1037, Type I, Class 1, 2 or 3
8. Flour, wheat, pastry - 7287-165-6898
FED-N-F-481, Type 1, Class B, Style 2
9. Food coloring, caramel - 8950-12940-782-2181
MIL-F-35093, Type V
10. Shortening - 8945-12310-616-0091
FED-EE-S-0032, (Army-GL), Type II, Class 1
11. Soup & gravy base, beef - 8935-10510-753-6423
MIL-S-43690, Type I
12. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
13. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

14. Col-Flo-67 - Special Procurement

Brown Gravy

O-16

Yield: 100 portions

Each portion: 4 oz (120 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Shortening	5.26	1.50	681	1. Heat fat in steam kettle.
Flour, wheat, pastry	3.51	1.00	454	2. Sprinkle flour evenly over fat and cook 10 minutes, with constant stirring.
Col-Flo-67 starch	1.75	0.50	227	3. Add Col-Flo-67 starch to cold water or stock. Mix well.
Stock or cold water	87.65	25.00	11350	4. Combine remaining seasonings to starch, stock or water mixture, mix thoroughly and heat.
Pepper, black	0.04	0.01	5	5. Add heated stock slowly to flour fat mixture and cook 20 minutes.
Caramel coloring	0.04	0.01	5	6. Bring gravy back to a volume of 3.25 gallons (12.3L) with hot water.
Soup & gravy base, beef flavored	1.75	0.50	227	7. Place 5.25 lbs (2384g) to each steam table pan.
				8. Cover, label and freeze.
Total	100.00	28.52	12949	

Notes:

1. Formula makes 5 pans; each pan serves 20 men a 4-oz (113g) serving each.
2. Reconstitute in convection oven at 350°F (176°C) covered to an internal temperature of 160°F (71°C) (1 hour, 10 minutes).
3. Reconstitute in steam kettle if convection oven is not practical.

Brown Gravy.

O-16

Dairy, Eggs & Condiments

1. Flour, wheat, pastry - 7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2
2. Food coloring, caramel - 8950-12440-782-2181
MIL-F-35093, Type V
3. Shortening - 8945-12310-616-0091
FED-EE-S-0032 (Army-GL), Type II, Class 1
4. Soup & gravy base, beef - 8935-10310-753-6423
MIL-S-43690, Type I
5. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II

Special

6. Col-Flo-67 - Special Procurement

Chicken Gravy

Yield: 100 portions

Each portion: 4 oz (120 ml)

<u>Ingredients</u>	<u>Percentage</u>	<u>Pounds</u>	<u>Grams</u>	<u>Procedure</u>
Shortening	5.84	1.80	817	1. Heat shortening in steam kettle. Add flour slowly, mix well and cook 10 minutes with constant stirring.
Flour, wheat, pastry	1.25	1.00	454	
Col-Flo-67 starch	1.62	0.50	227	2. Using half the water combine all remaining ingredients except the milk. Mix well, heat to 200°F (93°C) until starch thickens. 3. Add starch mixture to flour-shortening mixture, stirring constantly blending to smooth consistency.
Water or stock	84.41	26.00	11804	
Soup & gravy base (chicken)	2.44	0.75	341	
Milk, nonfat, dry	2.44	0.75	341	4. Rehydrate milk in remaining water. Blend into starch-flour mixture and heat to 170°F (77°C), being careful not to scorch milk. Adjust volume to 3.5 gallons (13.3L). 5. Place 5.25 lbs (2384g) in each 1/2 steam table pan. 6. Cover, label and freeze.
<u>Total</u>	<u>100.00</u>	<u>30.80</u>	<u>13984</u>	

Notes:

1. Formula makes 5 pans; each pan serves 20 men a 4 ounce (113g) serving.
2. Reconstitute in convection oven @ 350°F (176°C) covered to an internal temperature of 160°F (71°C), (1 hour, 10 minutes).
3. Reconstitute in steam kettle if convection oven is tied up.
4. Variation: Giblet gravy - add 2 lbs cooked chopped giblets to chicken gravy formula.

Chicken Gravy

Dairy, Eggs & Condiments

1. Shortening Compound - 8945-616-0091
FED-EE-S-00321 (Army - GL), Type II, Class 1
2. Flour, wheat, pastry - 8920-7257-165-6898
FED-N-F-431, Type IV, Class B, Style 2
3. Milk, nonfat, dry - 8910-126-4023
MIL-M-0035052 (GL), Type 1, Style A
4. Soup & gravy base (chicken) - 8935-543-7789
MIL-S-43690, Type II

Special

5. Col-Fls-67 or - Special Procurement
Comparable

Tomato Gravy

O-19

Yield: 100 portions

Each portion: 1/2 cup (120 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Onions, dehydrated, finely chopped	0.68	0.19	86	1. Rehydrate onions in excess water for 10 minutes, drain and saute in shortening until light yellow in color. Save for step 5.
Shortening	1.80	0.50	227	
Shortening	5.40	1.50	681	2. Heat fat in a steam kettle to a boil. 3. Sprinkle flour evenly over fat and cook 10 minutes with constant stirring.
Flour, wheat, pastry	3.60	1.00	454	
Col-Flo-67 starch	1.80	0.50	227	4. Add Col-Flo-67 starch to cold water or tomato juice, mix thoroughly. 5. Combine all ingredients, (onions, starch, juice and spices) and heat to 180°F (82°C). 6. Add heated stock slowly to flour fat mixture and cook for 20 minutes. 7. Bring volume back to 3 gallons with hot water. 8. Place 5.25 lbs (2.384g) in each pan. 9. Cover, label and freeze.
Stock, beef or water	53.95	15.00	6810	
Juice, tomato	30.94	8.60	3904	
Pepper, black	0.03	0.01	4	
Soup & gravy base, beef	1.80	0.50	227	
Total	100.00	27.80	12620	

Notes:

1. Formula makes 5 pans; each pan serves 20 men, 1/2 cup each.
2. Reconstitute in convection oven at 350°F (176°C) to an internal temperature of 160°F (71°C) (1 hour, 10 minutes from 0°F (-18°C)).
3. Cans of tomato juice concentrate 34-36 oz (1.0 - 1.08L) and 2-1/4 qt (2.16L) water may be substituted for tomato juice in step 5.

Tomato Gravy

O-19

Vegetable

1. Juice, tomato, canned - 8915-4530-255-0523
FED-JJJ-J-798, Type I
2. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)

Dairy, Eggs & Condiments

3. Flour, wheat, pastry - 8920-7257-165-6898
FED-N-F-481, Type IV, Class B, Style 2
4. Shortening - 8945-12310-616-0091
FED-EE-S-0032, (Army-GL), Type II, Class 1
5. Soup & gravy base, beef - 8935-10310-483-6423
MIL-S-43690, Type I
6. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II

Special

7. Col-Flo-67 - Special Procurement

Barbecued Beef (Sloppy Joe)

L-26

Yield: 100 portions

Each portion: 2/3 cup (160 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, ground	65.20	20.00	13620	1. Brown meat in kettle with the mixer on slow speed. Drain liquid from meat and discard.
Onions, dehydrated chopped	1.50	0.69	313	2. Add the required water and all ingredients except vinegar to the kettle with the meat.
Water, tap	10.40	4.78	2171	Turn on heat and mixer. Cover and simmer for 1/2 hour.
Catsup, tomato	15.50	7.13	3237	
Mustard, prepared	2.10	0.97	440	
Salt, table	0.75	0.35	159	
Sugar brown	1.50	0.69	313	
Vinegar, white	3.05	1.40	636	3. At the end of the simmer turn off steam and pour in required vinegar. Blend mix- ture, adjust for volume, 4.5 gallon (17L)/100 portions.
				4. Weigh 5 lbs (2270g) into 1/2 steam table pans.
				5. Cover, label and freeze.
Total	100.00	46.01	23707	

Notes:

1. Reheating - A. Reconstitute in convection oven at 325°F (163°C) until
internal temperature reaches at least 160°F (71°C). Do not loosen or
remove cover. OR
B. Reconstitute in 15 psi steam cooker with above
conditions.
2. Two thirds of a cup (160 ml) with bun.
3. Five pounds (2270g) serves 12.

Barbecued Beef (Sloppy Joe)

L-26

Meat

1. Beef, boneless, ground - 8905-310-285-2075
MIL-B-003854 (GL), Type I

Vegetables

2. Onions, dehydrated, chopped - 8915-4720-128-1179
FED-JJJ-O-533, Style 1, Color (A)
3. Catsup, tomato - 8950-12630-127-9789
FED-JJJ-C-91, Type I or II, Flavor Style I

Dairy, Eggs & Condiments

4. Sugar, brown - 8925-8670-556-7506
FED-JJJ-S-00791 (Army-GL), Type II, Class (A), (B) or (C)
5. Mustard, prepared - 8950-13230-127-8024
FED-EE-M-821, Type I
6. Salt, table - 8950-13680-262-8886
FED-SS-S-31
7. Vinegar, cider - 8950-13760-221-0297
FED-Z-V-401, Type I, Strength (B)

Chili Con Carne with Beans

L-28

Yield: 100 portions

Each portion: 9 oz (255g)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, ground	28.30	19.00	8626	1. Brown beef in its own fat in steam kettle, until it loses red color. Drain and skim off fat, discard.
Tomato paste, canned (26% solids)	2.69	1.80	818	2. Combine tomato products and hold for step 4.
Tomatoes, canned, crushed	7.74	5.20	2361	
Soup & gravy base beef flavored	0.90	0.60	273	3. Combine seasonings, water and starch together with cooked beef, mix thoroughly, heat to 200°F (93°C) and simmer for 10 minutes with constant stirring (do not boil).
Chili powder, ground	0.76	0.52	236	
Salt, table	0.24	0.16	73	
Garlic powder	0.01	0.01	2	
Pepper, red cayenne	0.01	0.01	3	4. Add tomato products, mix and heat to 180°F (82°C), simmer 5 minutes.
Paprika, ground	0.12	0.08	37	
Onion powder	0.08	0.05	24	
Monsodium glutamate	0.01	0.01	2	
Cumin, ground	0.01	0.01	3	5. Add beans, mix thoroughly and heat back to 165°F (74°C) minimum. 6. Bring volume up to 6.75 gallons (25.6L) with hot water. 7. Place 5 lbs, 14 oz (2667g) of chili per pan. 8. Cover, label and freeze.
Water, cold	29.04	19.50	8853	
Col-Flo-67 starch	0.30	0.20	92	
Beans, cooked, Red Kidney canned, drained	29.79	20.00	9080	
Total	100.00	67.15	30483	

Notes:

1. Formula makes 10 pans. Each pan serves 10 men, 9 oz (255g) portions.
2. Reconstitute covered in 325°F (163°C) convection oven to an internal temperature of 160°F (71°C) (1 hour, 15 minutes).
3. Liquid from beans may be substituted for part of water in step 3.
4. One gallon of chili con carne weighs 9.2 lbs (4177g).
5. Average weight of drained liquid in step 1 is 5.0 lbs (2270g).

Chili Con Carne with Beans

L-28

Meat

1. Beef, boneless, ground - 8905-310-285-2075
MIL-B-003854 (GL), Type I

Vegetables

2. Beans, red, kidney - 8915-3190-926-6793
FED-JJJ-B-00101 (Army-GL), Type I, Class 3, Style (B)
3. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008
4. Onion, dehydrated, powder - 8915-4730-134-6347
FED-JJJ-O-533, Style 2, Color (A)
5. Tomatoes, canned, whole - 8915-5870-582-4060
FED-JJJ-T-571, Type I
6. Tomato, canned, paste - 8915-5910-127-9303
FED-JJJ-T-00579 (AGR-C&MS), Type I or II, Conc. (B) or (C), Texture 1 or 2

Dairy, Eggs & Condiments

7. Soup & gravy base, beef - 8935-10310-753-6423
MIL-S-43690, Type I
8. Chili powder - 8950-12690-753-2962
MIL-C-3394
9. Cumin, ground - 8950-12770-119-4356
FED-EE-S-631, Type II
10. MSG - 8950-13190-263-2786
FED-EE-S-631, Type II
11. Paprika - 8950-13320-170-7563
FED-EE-S-631, Type II
12. Pepper, cayenne - 8950-13320-170-9563
FED-EE-S-631, Type II, C(2)
13. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

14. Col-Flo-67 - Special Procurement

Chili Con Carne without Beans

L-28

Yield: 100 portions

Each portion: 9 oz (255g)

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, ground	44.85	29.50	13393	1. Brown beef in its own fat in steam kettle, until it loses pink color. Drain or skim off excess fat and discard.
Tomato paste, canned (26% solids)	3.27	2.15	977	2. Combine tomato products and hold for step 4.
Tomatoes, canned, crushed	10.64	7.00	3178	
Soup & gravy base, beef flavored	1.22	0.80	364	3. Combine seasonings, water and starch with cooked beef, mix thoroughly, heat to 200°F (93°C) and simmer for 10 minutes with constant stirring (do not boil).
Chili powder, ground, dark	1.05	0.69	314	4. Add tomato products, mix and heat to 180°F (82°C). Simmer 5 minutes.
Salt, table	0.31	0.20	91	5. Bring volume back to 6.75 gallons (26L) with hot water.
Garlic powder	0.01	0.01	4	6. Place 5 lbs 14 oz (2667g) of chili in each pan.
Pepper, red cayenne	0.01	0.01	4	7. Cover, label and freeze.
Paprika, ground	0.14	0.09	40	
Onion powder	0.09	0.06	27	
Monosodium glutamate	0.01	0.01	3	
Cumin, ground	0.01	0.01	3	
Water, cold	38.00	25.00	11350	
Col-Flo-67 starch	0.39	0.26	117	
Total	100.00	65.79	29865	

Notes:

1. Formula makes 10 pans; each pan serves 10 men, 9 oz (255g) each.
2. Reconstitute covered in 325°F (163°C) convection oven to an internal temperature of 160°F (71°C) (1 hour, 15 minutes).
3. One gallon of chili weighs 8.75 lbs (3973g).
4. Average weight of drained liquid in step 1, is 6 lbs (2724g).

Chili Con Carne without Beans

L-28

Meat

1. Beef, boneless, ground - 8905-310-285-2075
MIL-B-003854 (GL), Type I

Vegetables

2. Tomatoes, canned, whole - 8915-5870-582-4060
FED-JJJ-T-571, Type I
3. Tomato, canned, paste - 8915-5910-127-9303
FED-JJJ-T-00579 (AGR-C&MS), Type I or II, Conc. (B) or (C), Texture 1 or 2
4. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008
5. Onion, dehydrated, powder - 8915-4730-132-6347
FED-JJJ-O-533, Style 2, Color (A)

Dairy, Eggs & Condiments

6. Soup & gravy base, beef - 8935-10310-753-6423
MIL-S-43690, Type I
7. Chili powder - 8950-12690-753-2962
MIL-C-3394
8. Cumin, ground - 8950-12770-119-4356
FED-EE-S-631, Type II
9. MSG - 8950-13190-263-2786
FED-EE-S-631, Type II
10. Paprika, ground - 8950-13320-170-9563
FED-EE-S-631, Type II C(2)
11. Pepper, cayenne - 8950-13370-170-9565
FED-EE-S-631, Type II, B
12. Salt, table - 8950-13680-262-8886
FED-SS-S-31

Special

13. Col-Flo-67 - Special Procurement

Chicken Cacciatore

L-130

Yield: 100 portions

Each portion: 8 oz (240 ml)

Ingredients	Percentage	Pounds	Grams	Procedure
Chicken breasts, cooked, deboned, defatted, diced	36.65	24.00	10896	1. Remove fat and bone from breasts. Place 10 lbs (4540g) per pan, in full size steam table pans, cover and cook in high pressure steam to 170°F (77°C) internal temperature. 2. Cool slightly and dice 1/2 inch by 1 inch pieces. Set aside for step 4.
Tomatoes, canned, crushed	16.04	10.50	4767	3. Combine all ingredients except chicken in steam kettle, heat to a boil.
Tomato paste, canned, (26% solids)	6.87	4.50	2043	4. Add cooked diced chicken to season mixture. Mix well and simmer for 15 minutes.
Mushrooms, drained, diced 1/2 inch by 1/2 inch	5.49	3.60	1634	5. Bring volume of mixture back to 7 gallons (26.5L) with hot water.
Water, tap	32.07	21.00	9534	6. Place 5.25 lbs (2384g) of cacciatore in each 1/2 size steam table pan.
Soup & gravy base, chicken	0.76	0.50	227	7. Cover, label and freeze.
Salt, table	0.41	0.27	123	
Pepper, black	0.01	0.01	5	
Onion, dehydrated, sliced	0.46	0.30	136	
Thyme, ground	0.01	0.01	6	
Pepper, red	0.01	0.01	4	
Allspice, ground	0.01	0.01	6	
Garlic powder	0.01	0.01	3	
Chili powder	0.13	0.09	40	
Col-Flo-67 starch	1.07	0.70	318	
Total	100.00	65.51	29742	

Notes:

1. Two pounds (908g) of fresh chopped onions may be substituted for dehydrated onions in step 3.
2. Formula makes 10 pans; each pan feeds 10 men.
3. Reconstitute in convection oven covered at 350°F (176°C) to an internal temperature of 160°F (71°C) (1 hour, 10 minutes).
4. Whole chickens may be substituted for chicken breasts in step 1. Procedure is the same as listed except bone and skin is removed after cooking. One 3-pound (1362g) whole chicken will yield 1 lb (454g) cooked, deboned, defatted, diced chicken meat.
5. Pre-cooked chicken rolls may be substituted for chicken in step 1.
6. Fresh or frozen chicken breasts should weigh at least 32 lbs (1452g) to produce 24 lbs (10896g) cooked, deboned, defatted and diced chicken as stated by formula.

Chicken Cacciatore

L-130

Meat

1. Chicken breasts - 8905-610-582-1393
FED-PP-C-248, Type II, III or IV, Class 1, Style 5

Vegetables

2. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008
3. Mushrooms, canned - 8915-4640-935-6629
FED-JJJ-M-851, Type II, Style E
4. Onions, dehydrated, sliced - 8915-4740-128-1171
FED-JJJ-O-533, Style 3, Color (A)
5. Tomatoes, canned, whole - 8915-5870-582-4060
FED-JJJ-T-571, Type I
6. Tomato paste - 8915-5910-127-9303
FED-JJJ-T-00579 (AGR-C&MS), Type I or II, Conc. (B) or (C), Texture 1 or 2

Dairy, Eggs & Condiments

7. Soup & gravy base, chicken - 8935-10330-753-6424
MIL-S-43690
8. Allspice - 8950-12510-170-9562
FED-EE-S-631, Type II
9. Chili powder - 8950-12690-753-2962
MIL-C-3394
10. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
11. Pepper, cayenne - 8950-13370-170-9565
FED-EE-S-621, Type II, B
12. Salt, table - 8950-13680-262-8886
FED-SS-S-31
13. Thyme, ground - 8950-13750-616-5483
FED-EE-S-631, Type II

Special

14. Col-Flo-67 - Special Procurement

Egg Plant Parmesan

Yield: 100 portions

Each portion: 6 oz (170g)
Temperature: 360°F (182°C) frying,
325°F (163°C) oven

Ingredients	Percentage	Pounds	Grams	Procedure
Egg plant, fresh, whole	16.99	11.00	4994	1. Peel egg plant and slice into 1/4 inch pieces (across grain). 2. Dredge in seasoned flour. Set aside for use in step 4.
Flour, wheat, pastry	2.70	1.75	795	
Salt, table	0.39	0.25	114	
Milk, nonfat dry	0.23	0.15	68	3. Reconstitute milk, add eggs, mix thoroughly. 4. Dip egg plant in milk and egg mixture, drain well.
Water, warm	1.93	1.25	568	
Eggs, whole, beaten	2.70	1.75	795	
Salt, table	0.40	0.26	118	5. Mix salt and crumbs thoroughly. Dredge egg plant in crumb mixture and shake off excess. 6. Deep fat fry in 360°F (182°C) fat until brown (1 minute). Set aside for panning.
Bread crumbs, dry	3.86	2.50	1135	
<u>Sauce</u>				
Beef, boneless, ground	12.35	8.00	3632	7. Add oil to steam kettle, spread evenly on inside to prevent meat sticking. 8. Add ground beef and cook until meat loses red color. Drain excess fat off and discard. Leave meat in kettle.
Oil or shortening	0.39	0.25	114	
Tomato paste, canned (26% solids)	12.35	8.00	3632	9. Combine all seasoning ingredients and add to kettle containing cooked meat. Mix thoroughly, heat to 180°F (82°C) and simmer covered for 30 minutes.
Tomatoes, canned, crushed	16.99	11.00	4994	
Water, tap	13.90	9.00	4086	
Basil, ground	0.01	0.01	3	10. Bring volume back to 4.25 gallons (16.1L) with hot water. Mix thoroughly and set aside for panning.
Oregano, ground	0.07	0.04	20	
Pepper, cayenne, red	0.01	0.01	4	
Salt, table	0.39	0.25	114	11. Pan as directed.
Sugar, white, granulated	0.77	0.50	227	
Pepper, black	0.01	0.01	4	
Thyme, ground	0.04	0.03	12	12. Cook pans covered at 325°F (163°C) to an internal temperature of 160°F (71°C) (30 minutes).
Garlic powder	0.01	0.01	3	
Onions, dehydrated sliced	0.77	0.50	227	
Col-Flo-67 starch	0.39	0.25	114	

Egg Plant Parmesan

(cont'd)

<u>Ingredients</u>	<u>Percentage</u>	<u>Pounds</u>	<u>Grams</u>	<u>Procedure</u>
Cheese, mozzarella, sliced	7.72	5.00	2270	13. Cover, label and freeze.
Cheese, grated, parmesan	4.63	3.00	1362	
<u>Total</u>	<u>100.00</u>	<u>64.77</u>	<u>29405</u>	

Panning Instructions

- Layer 1 - Sauce, 1 lb (454g) spread evenly over bottom of pan.
Layer 2 - Egg plant, 8 oz (227g) (6 slices), spread evenly over sauce.
Layer 3 - Mozzarella cheese slices, 4 oz (114g) spread evenly over egg plant.
Layer 4 - Sauce, 1 lb (454g) spread evenly over cheese.
Layer 5 - Egg plant, 8 oz (227g) (6 slices), spread evenly over sauce.
Layer 6 - Parmesan grated cheese, 2 oz (56g) sprinkle over egg plant.
Layer 7 - Mozzarella cheese, 4 oz (114g) spread evenly over cheese.
Layer 8 - Sauce, 1 lb (454g) spread evenly over cheese.
Layer 9 - Parmesan, grated cheese, 2 oz (56g) sprinkle over sauce.

Notes:

1. Formula makes 10 pans; each pan feeds 10 men.
2. Four and one-quarter pounds (1930g) of fresh onions may be used to replace dehydrated onions in Step 9.
3. Reconstitute in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C) (1 hour, 15 minutes).
4. Allow pans to stand at room temperature before cutting (10 minutes).

Egg Plant Parmesan

Meat

1. Beef, boneless, ground - 8905-310-285-2075
MIL-B-003854 (GL), Type I

Vegetables

2. Garlic, dehydrated, powder - 8915-4110-616-128-1171
FED-JJJ-O-533, Style 3, Color (A)
3. Onions, dehydrated, sliced - 8915-4740-128-1171
FED-JJJ-O-533, Style 3, Color (A)
4. Egg Plant, fresh - 8915-4020-127-7983
FED-HHH-E-236
5. Tomatoes, canned, whole - 8915-5870-582-4060
FED-JJJ-T-571, Type I
6. Tomato, canned, paste - 8915-5410-127-9303
FED-JJJ-T-00579 (AGR C&MS), Type I or II, Conc. (B) or (C), Texture 1 or 2

Dairy, Eggs & Condiments

7. Bread, crumbs, dry - 8920-6285-141-0136
High Commercial Grade
8. Cheese, mozzarella - 8910-2040-782-2837
MIL-C-35088, Type I, Class 4
9. Cheese, parmesan, grated - 8910-7830-160-6165
FED-C-C-285, Type I or III, Class 1 or 2
10. Eggs, whole, frozen - 8910-2180-127-8252
MIL-E-1037, Type I, Class 1, 2 or 3
11. Flour, wheat, pastry - 7287-165-6898
FED-N-F-481, Type IV, Class B, Style 2
12. Milk, nonfat, dry - 8910-2500-151-6465
MIL-M-0035052 (GL), Type II, Style A, as modified
13. Shortening - 8945-12310-616-0091
FED-EE-S-0032, (Army-GL), Type II, Class 1
14. Sugar, granulated - 8925-8470-127-3074
FED-JJJ-S-00791 (Army-GL), Type I, Class (A)

Egg Plant Parmesan

(cont'd)

15. Basil, sweet, ground - 8950-12550-404-6066
FED-EE-S-631, Type II
16. Oregano - 8950-13310-582-1402
FED-EE-S-631, Type II
17. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II
18. Pepper, cayenne - 8950-13370-170-9565
FED-EE-S-631, Type II
19. Salt, table - 8950-13680-262-8886
FED-SS-S-31
20. Thyme - 8950-13750-616-5483
FED-EE-S-631, Type II

Special

21. Col-Flo-67 - Special Procurement

Pineapple Chicken

I.-129

Yield: 100 portions

Each portion: 2 pieces

Temperature: 365°F (185°C) Deep Fat

Ingredients	Percentage	Pounds	Grams	Procedure
Chicken, broiler, fryer, cut-up	79.58	50.00	22700	1. Wash chicken thoroughly under running water.
Monosodium glutamate	0.04	.02	10	2. Sprinkle outside of chicken with monosodium glutamate
Soy sauce	1.59	1.00	454	3. Combine soy sauce, salt and sugar heat slightly to place in solution and brush on chicken pieces.
Salt, table	0.48	0.30	136	
Sugar, granulated, white	0.40	0.25	114	
Flour, wheat, pastry	4.78	3.00	1362	4. Dredge chicken in flour. Shake off excess. 5. Deep fat fry at 365°F (185°C) for 5 minutes to brown. 6. Place 4 wings, 4 legs, 4 thighs and 4 breasts in 1/2 size steam table pan. Hold for step 7.
Soy sauce	1.20	0.75	341	7. Combine soy sauce and pineapple; spread 10 oz (284 g) over top of chicken in each pan.
Pineapple, canned, crushed	11.93	7.50	3405	8. Cover pans and bake to an internal temperature of 165°F (74°C) (45 minutes). 9. Cover, label and freeze.
Total	100.00	62.82	28522	

Notes:

1. Formula makes 13 pans; each pan feeds 8 men.
2. Reconstitute at 325°F (163°C) in convection oven to an internal temperature of 160°F (71°C) (1 hour, 10 minutes).

Pineapple Chicken

L-139

Meat:

1. Chicken, cut-up - 8905-550-965-2128
FED-PP-C-248, Type IV, Class 1, Style 4.

Vegetable:

2. Pineapple, canned, chunk - 8915-5240-170-5127
FED-P-351, Style II or III.

Dairy, Eggs and Condiment:

3. Flour, wheat, pastry - 8920-165-6898
FED-W-F-481, Type IV.
4. Soy sauce - 8950-13720-935-3254
FED-EE-S-610.
5. Sugar, granular - 8925-8740-127-3074
FED-JJJ-S-00791 (Army - GL), Type I, Class (A).
6. MSG - 8950-13190-263-2786
FED-EE-M-591
7. Salt, table - 8950-13680-262-8806
FED-SS-S-31

Sauerbraten

L-149

Yield: 100 portions

Each portion: 2 slices (4 oz
(114g) plus 1/2
cup gravy (120 ml)

Temperature: 425°F (218°C) oven; 325°F (163°C) oven

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, pot roast	45.46	40.00	18160	1. Place roasts in stainless steel containers.
Sugar, brown, light	1.14	1.00	454	2. Combine all seasonings ingredients, onions, carrots and celery with water, mix well to dissolve sugar.
Water, boiling	13.64	12.00	5448	3. Pour over roasts, cover and refrigerate 18-24 hours.
Vinegar, cider	7.95	7.00	3178	4. Remove meat and drain thoroughly. Strain marinade for use in step 6. Reserve vegetables for use in step 10.
Salt, table	0.28	0.25	112	
Pepper, black	0.02	0.02	9	
Mustard, ground	0.07	0.06	28	
Garlic, powder	0.04	0.03	16	
Bay leaves, ground	0.01	0.01	1	
Onions, dehydrated, sliced	0.43	0.37	170	
Carrots, sliced 1/4"	2.27	2.00	908	
Celery sliced, 1/4"	1.70	1.50	681	
Shortening	1.14	1.00	454	5. Brown marinated beef on all sides in hot shortening either in roasting pans at 425°F (218°C) or on top of range. Drain or skim off excess fat.
				6. Pour marinade from step 4 over roasts, cover and place in 325°F (163°C) oven. Heat roasts to a temperature of 165°F (74°C) (2-1/2 to 3 hours).
				7. Remove cooked roasts and save marinade for use in step 10.
				8. Let cooked roasts cool for 20 minutes at refrigerated temperatures and slice 3/16 inches thick.
				9. Place 20 slices in each pan. Hold for step 12.
Marinade	22.73	20.00	9080	10. Add marinade to steam kettle, heat to a boil, combine vegetables, sugar and cookies heat until vegetables are tender (10-15 minutes).
Cookies, ginger snaps crumbled	2.27	2.00	908	
Sugar, granulated, white	0.85	0.75	341	

Ingredients	Percentage	Pounds	Grams	Procedure
				11. Bring volume back to 3 gallons with hot water.
				12. Pour 2.5 lbs (1135 g) of marinate over each pan of sliced cooked beef.
				13. Cover, label and freeze.
Total	100.00	87.99	39948	

Notes:

1. In step 6, depth of marinate should be not less than 1 inch (2.54 cm), but not more than one-half the height of the meat.
2. Two tablespoons or 6 cloves of garlic may be substituted for dehydrated garlic in step 2.
3. Three pounds (1362 g) of fresh onions may be substituted for dehydrated onions in step 2.
4. One-half cup of marinate gravy equals 4 oz (114g) by weight.
5. Formula makes 10 pans; each pan feeds 10 men.
6. Reconstitute in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C) (1 hour, 10 minutes).

Sauerbraten

L-149

Meat

1. Beef, boneless, pot roast - 8905-185-151-6585
MIL-B-0035079 (GL)

Vegetable

2. Carrots, fresh - 8915-3580-127-8019
FED-HHH-C-81
3. Celery, fresh - 8915-3630-252-3783
FED-HHH-C-00101 (AGR-C&MS)
4. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008
5. Onions, dehydrated, sliced - 8915-4740-128-1171
FED-JJJ-O-533, Style 3, Color (A)

Dairy, Eggs & Condiment

6. Cookies, ginger snap - 8920-6940-223-5413
FED-EE-C-651, Type III, Class B
7. Shortening - 8945-12310-616-0091
FED-EE-0032, (Army-GL), Type II, Class 1
8. Sugar, brown - 8925-8670-566-7506
FED-JJJ-S-00791 (Army-GL), Type II, Class (a), (b) or (c)
9. Sugar, granulated - 8925-8740-127-3074
FED-JJJ-S-00791 (Army-GL), Type I, Class (a)
10. Bay leaves - 8950-12560-170-9561
FED-EE-S-631, Type I
11. Mustard, dry - 8950-13200-170-9567
FED-EE-S-631, Type II
12. Pepper, black - 8950-13360-127-8067
FED-EE-S-631
13. Salt, table - 8950-13680-262-8886
FED-SS-31
14. Vinegar - 8950-13760-221-0297
FED-Z-V-401, Type I, Strength (B)

Teriyaki Steak

L-8

Yield: 100 portions

Each portion: 2 slices

Temperature: 400°F (204°C) Griddle

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless, pot roast sliced 3/16" (2 oz slices)	55.14	26.00	11804	1. Slice beef 3/16 inch (.5 cm) thick from 5 lbs (2270 g) formed roasts. Each slice should weigh around 2 oz. (56g). Set aside for Step 2.
Juice, pineapple	6.90	3.25	1476	2. Combine all ingredients and mix thoroughly.
Lemon juice	0.85	0.40	182	3. Place sliced steaks into seasoning. Mix thoroughly and marinate one hour.
Vinegar, cider	1.06	0.50	227	4. Drain marinade from beef and save for step 6.
Soy sauce	8.48	4.00	1816	5. Place 20 slices of beef in each pan.
Water, tap	23.33	11.00	4994	6. Place 1 lb 8 oz (681 g) of marinade in each pan.
Ginger, ground	0.34	0.16	73	7. Cover, label and freeze.
Garlic powder	0.01	0.01	4	
Pepper, black	0.13	0.06	27	
Monosodium glutamate	0.04	0.02	9	
Brown sugar, light	3.72	1.75	796	
Total	100.00	47.15	21408	

Notes:

1. Formula makes 10 pans; each pan serves 10 men, 2 slices each.
2. Reconstitute by thawing overnight in 40°F (4°C) refrigerator and frying on greased griddle 400°F (204°C), until brown on both sides and temperature reaches an internal temperature of 160°F (71°C).

Teriyaki Steak

L-8

Meat:

1. Beef, boneless, pot roast - 8905-185-151-6585
MIL-B-0035079 (GL)

Vegetable

2. Juice, lemon, instant - 8915-4380-124-1950
MIL-J-43430
3. Juice, pineapple, canned - 8915-4490-634-2439
FED-Z-P-356
4. Garlic, dehydrated, powder - 8915-4110-616-5465
MIL-G-35008

Dairy, Eggs and Condiments

5. Soy Sauce - 8950-13720-935-3254
FED-EE-S-610
6. Sugar, brown - 8925-8670-566-7506
FED-JJJ-S-00791 (Army - GL), Type II, Class (A), (B) or (C)
7. Ginger, ground - 8950-10380-616-5484
FED-EE-S-631, Type II.
8. MSG - 8950-13190-263-2785
FED-EE-M-591
9. Pepper, black - 8950-13360-127-8067
FED-EE-S-631, Type II.
10. Vinegar, cider - 8950-13760-221-0297
FED-Z-V-401, Type I, Strength (B).

Bacon Slices
(prefried)

Yield: 100 portions

Each portion: 2 slices

Ingredients	Percentage	Pounds	Grams	Procedure
Bacon, sliced	100.00	11.00	4994	1. Deep fat fry bacon using an oil temperature of 375°F (190°C). 2. Place bacon slices in a basket one layer thick, being careful not to overlap the slices. Place a metal screen over the bacon to keep it from floating when placed in the oil. 3. Fry bacon to a 35% yield. Cooking time will vary with the different bellies but should be approximately 25 seconds. 4. Drain cooked bacon. 5. Cover, label, freeze.
Total	100.00	11.00	4994	

Note:

1. One pound of (454g) slab bacon should yield about 20 slices of bacon.
2. Melating instructions: Reheat covered in convection oven until product temperature reaches 160°F (71°C).

Baked Sausage Links

[1-88

Yield: 100 portions

Each portion: 3 links

Temperature: 400°F (204°C) Oven

Ingredients	Percentage	Pounds	Grams	Procedure
Pork sausage links	100.00	20.00	9080	1. Place sausage links in single layers on sheet pans (18 by 26 inches). Bake in 400°F (204°C) oven 20 minutes or until browned and well done. Turn occasionally to insure even browning.
Total	100.00	20.00	9080	

Note: Sausage should be cooked until inside is gray with no tinge of pink remaining.

Baked Sausage Patties

1.-89

Yield: 100 portions

Each portion: 1 patty (3 oz. or
85g)

Temperature: 350°F (176°C) oven

Ingredients	Percentage	Pounds	Grams	Procedure
Pork sausage, bulk	100.00	25.00	11350	1. Shape sausage into 4 oz (114g) patties. 2. Place patties on sheet pans (18 x 26 inches) (20.5 x 46.5 cm). Bake in 350°F (176°C) oven 25 minutes or until well done.
Total	100.00	25.00	11350	

Note: Sausage should be cooked until inside is gray with no tinge of pink remaining.

French Toast

D-22

Yield: 100 portions

Portion: 2 slices

Temperature: 325°F (163°C) Griddle

Ingredients	Percentage	Pounds	Grams	Procedure
Milk, nonfat, dry	2.00	0.50	227	1. Combine ingredients and mix thoroughly.
Salt, table	0.25	0.06	28	
Sugar, granulated	5.99	1.50	681	
Water, tap	17.96	4.50	2043	2. All dry ingredients to water, mix well.
Eggs, whole	49.88	12.50	5675	3. Mix eggs slightly; add milk, salt and sugar slurry. Mix until smooth batter is obtained.
Bread ($3\frac{1}{2}$ x $3\frac{1}{2}$ to 4 x 4 inches) sq loaf (200 slices)	23.92	6.00	2724	4. Dry bread for 1 hour on wire racks; dip dry bread into the batter to soak up the egg mixture; cook on well-greased griddle until thoroughly cooked and golden brown on each side.
Total	100.00	25.06	11378	

Note: Seventeen slices per pound for sandwich bread.

Boiled Pork Hocks

Yield: 100 portions

Each portion: 1 Pork hock

Ingredients	Percentage	Pounds	Grams	Procedure
Pork hocks frozen	55.40	64.00	29056	1. Place frozen pork hocks in stock pot or steam jacketed kettle. Add water, seasonings and onions. Bring to a boil, cover, reduce heat, simmer 3 hours or until tender.
Water boiling	43.26	50.00	22700	
Salt, table	0.44	.50	227	
Bay leaves, ground	0.01	0.01	4	
Garlic, dehydrated, ground	0.01	0.01	4	
Peppers, red, cayenne	0.01	0.01	4	
Onions, <u>dry quartered</u>	.87	1.00	454	2. Place hocks in serving pans. Add enough liquid to half cover hocks.
Totals	100.00	115.53	52449	

Variation

1. Boiled Pigs Feet: In step 1, use 64 lb pigs feet. After cooking, split pigs feet in half.

Simmered Chitterlings

Yield: 100 portions

Each portion: 4 oz (114g)

Ingredients	Percentage	Pounds	Grams	Procedure
Chitterlings, frozen	99.73	75.00	34050	1. Cover frozen chitterlings with water and thaw. 2. While washing under cool water strip fat particles from lining; wash chitterlings until clean and white in appearance. 3. Cover chitterlings with water, bring to a boil; cover, simmer 1½ hours adding water as needed to keep chitterling in suspension. 4. Drain. Rinse in vinegar water (1 c vinegar - 4 gallons water) (.928 l - 15.4 l). Cut in serving size lengths, about 6 inches.
Salt, table	.17	0.13	59	5. Add 8 gallons water (30.2 l) to steam kettle to keep chitterling suspended. Add salt and spices; Cover, bring to a boil, simmer 2 hours. 6. Place chitterlings in serving pans; cover with cooking liquid.
Sugar granulated	.04	0.03	14	
Poultry, seasoning	.04	0.03	14	
Pepper, red, cayenne	.01	0.01	4	
Pepper, black	.01	0.01	4	
Total	100.00	75.21	34145	

Note: Variation: In step 4 cut pieces in 1 (2.34 cm - 3.8 cm) to 1½ (180 mm) inch lengths. In step 6, drain chitterlings, dip in mixture of ¾ oz (3/4 cup) non fat dry milk, 3-3/4 cups (900 ml) water and 2 lbs (1 qt - 20) beaten eggs, then 4 lbs (4½ qt) sifted pastry flour, 3 oz (4½ Tbsp salt, and 1 Tbsp black pepper mixture. Fry in 375°F (190°C) deep fat until light brown about 2 minutes.

Pizza Sauce

Yield: 100 portions

Ingredients	Percentage	Pounds	Grams	Procedure
Tomatoes, canned crushed	80.96	12.75	5789	1. Combine tomatoes, paste and seasonings together, mix well. 2. Add contents to steam kettle and heat to 200°F (93°C). Simmer for 1 hour. 3. Cover, label and freeze.
Tomato paste, canned (26% solids)	11.94	1.88	854	
Salt, table	0.17	0.03	14	
Pepper, black	0.06	0.01	4	
Garlic, dehydrated	0.03	0.01	4	
Oregano, ground	0.11	0.02	8	
Sugar, white, gran.	0.39	0.06	28	
Cheese, grated	6.34	1.00	454	
Total	100.00	15.76	7155	

Tacos

Yield: 100 portions

Ingredients	Percentage	Pounds	Grams	Procedure
Beef, boneless ground	69.29	18.00	8172	1. In steam kettle cook beef until it loses pink color. Drain off fat.
Garlic, dry, minced	0.25	0.07	32	2. Add garlic and bring to simmer.
Salt, table	0.72	0.19	86	3. Combine seasonings and add to meat. Cook 5 minutes.
Pepper, cayenne	0.03	0.01	4	4. Cover, label and freeze.
Chili powder, dark	0.50	0.13	59	

Taco sauce

Tomatoes, canned, finely crushed	24.54	6.38	2897	5. Combine sauce ingredients, blend well and cook to 180°F (82°C).
Onion, dry, chopped	1.92	0.50	227	6. Cover, label and freeze.
Jalopenes, pepper, chopped	2.16	0.56	254	
Salt, table	0.36	0.09	41	
Sugar, granulated	0.23	0.06	27	
Total	100.00	25.99	11799	

Note:

1. Taco shells, 200
2. Cheese, shredded, 6 lbs (2724g)
3. Lettuce, finely shredded, 6 lbs (2724g)
4. Onions, dry, chopped, 3 lbs (1362g)

Bacon, Lettuce, Tomato Sandwich

N-1

Yield: 100 portions

Each portion: 1 Sandwich

Ingredients	Percentage	Pounds	Grams	Procedure
Bread, sandwich	27.90	12.00	5448	1. Spread salad dressing on buttered bread.
Butter or Margarine whipped	4.65	2.00	908	
Salad Dressing	4.65	2.00	908	
Bacon cooked, crisp	23.26	10.00	4540	2. For each sandwich place lettuce, 2 slices bacon 2 to 3 slices tomatoes on 1 slice of bread; cover with second slice of bread.
Tomatoes, fresh, sliced	27.91	12.00	5448	
Lettuce, fresh, trimmed	11.63	5.00	2270	
Totals	100.00	43.00	19522	

Note: Ten pounds (4540g) bacon A.P. will yield 200 slices cooked bacon 6.25 lb (2838g)
Lettuce A.P. will yield approximately 5 lbs (2270g) trimmed.

Bologna Sandwich

N-27

Yield: 100 portions

Each portion: 1 Sandwich

Ingredients	Percentage	Pounds	Grams	Procedure
Bread, thin sliced	27.87	12.00	5448	1. Spread buttered bread with Salad Dressing
Butter or Margarine whipped	4.64	2.00	908	
Salad Dressing	4.64	2.00	908	
Bologna	29.03	12.50	5675	2. Place 2 slices of bologna on 1 slice of buttered; top with lettuce, 2 slices of tomato and second slice of buttered bread.
Lettuce, fresh trimmed	9.29	4.00	1816	
Tomatoes, fresh	24.53	10.56	4794	
Totals	100.00	43.06	19549	

Note: Five pounds (2270g) lettuce A.P. will yield approximately 4 lbs. (1808g) trimmed.

Cheese and Ham Sandwiches

N-5-1

Yield: 100 portions

Each portion: 1 Sandwich

Ingredients	Percentage	Pounds	Grams	Procedure
Bread, thin slices	29.10	12.00	5448	1. Spread mustard on buttered bread.
Butter or margarine softened	4.85	2.00	908	
Mustard, prepared (optional)	4.65	2.00	908	
Cheese, sliced	15.15	6.25	2838	2. For each sandwich place lettuce on 1 slice of bread; top with second slice of bread.
Cooked ham	36.36	15.00	6810	
Lettuce, fresh trimmed (optional)	9.69	4.00	1816	
Totals	100.00	41.25	18728	

Chicken Salad Sandwich

N-8

Yield: 100 portions

Each portion: 1 sandwich

Ingredients	Percentage	Pounds	Grams	Procedure
Chicken, cooked, chopped coarsely	34.46	12.00	5448	1. Combine ingredients, mix together lightly.
Celery, fresh, chopped, fine	5.74	2.00	907	
Pickles, cucumber, sweet, chopped	2.15	0.75	341	
Pepper, black	0.03	0.01	5	
Salt, table	0.18	0.06	29	
Salad dressing	5.74	2.00	907	2. Add salad dressing to chicken mixture, blend well.
Butter or margarine, softened	5.74	2.00	907	3. Spread buttered slice of bread with 1/3 cup filling, top with lettuce, leaf and second slice of buttered bread.
Bread	34.46	12.00	5448	
Lettuce, fresh, trimmed (optional)	11.50	4.00	1816	
Total	100.00	34.82	15808	

Notes:

1. See Recipe Card N-G-3 for variations in sandwich spread.
2. A 45-lb. (20430g) broiler-fryer chicken, raw or 121 lbs (5448g) canned chicken will yield about 12 lbs (5448g) cooked boneless chicken. Drain before using.

Ham Salad Sandwiches

N-13

Yield: 100 portions

Each portion: 1 sandwich

Ingredients	Percentage	Pounds	Grams	Procedure
Ham, cooked finely chopped	22.76	10.00	4540	1. Combine ingredients, mix together lightly.
Eggs, hard cooked finely chopped	5.55	2.44	1108	
Pickles, cucumber sweet, chopped	26.17	11.50	5221	
Salad Dressing	4.55	2.00	908	
Bread thin sliced	27.31	12.00	5448	2. Spread 1 slice buttered bread with $\frac{1}{4}$ cup filling; top with lettuce and second slice of butter- ed bread.
Butter or margarine softened	4.55	2.00	908	
Lettuce, fresh, trimmed (optional)	9.11	4.00	1816	
Totals	100.00	43.94	19949	

Note:

1. See recipe Card NG3 for variations in sandwich spread.
2. 14 lb. 12 oz. (6697g) Smoked ham or 12 lbs 8 oz (5675g) canned ham will yield 10 lb (4540g) cooked ham.

Salami Sandwich

N-17

Yield: 100 portions

Each portion: 1 sandwich

Ingredients	Percentage	Pounds	Grams	Procedure
Bread, thin sliced	28.87	12.00	5448	1. Spread buttered bread with salad dressing.
Butter or margarine whipped	4.81	2.00	908	
Salad Dressing	4.81	2.00	908	
Salami	26.47	11.00	4994	2. Place 2 slices of selected meat on 1 slice of buttered bread; top with lettuce, 2 slices tomato and second slice of buttered bread.
Lettuce, fresh trimmed	9.62	4.00	1816	
Tomatoes, fresh	25.42	10.56	4794	
Totals	100.00	41.56	18868	

Submarine Sandwich

N-19

Yield: 100 portions

Each portion: 1 sandwich

Ingredients	Percentage	Pounds	Grams	Procedure
Bread, French	34.30	25.00	11350	1. Cut bread in half length wise and spread each half with salad dressing.
Salad Dressing	2.70	2.00	908	
Cold meat, thinly sliced	28.80	21.00	9534	2. On the bottom half of each loaf arrange layers of thinly sliced cold meat, cheese & tomatoes, using 4 oz (114g) of each meat, 2 oz (56g) of each cheese and 8 slices of tomato.
Cheese, cheddar thinly sliced	8.20	6.00	2724	
Cheese, American processed, thinly sliced	8.20	6.00	2724	3. Sprinkle shredded lettuce over layers.
Tomatoes, fresh thinly sliced	13.70	10.00	4540	
Lettuce, fresh trimmed, shredded	4.10	3.00	1362	4. Cover with top half and cut loaf in 4 pieces.
Totals	100.00	73.00	33142	

Note:

1. Suggested meats are sliced ham, salami and bologna. Meat should be sliced very thin.
2. Four pounds of (1816g) lettuce, A.P. will yield approximately 3 lb (1362g) fresh trimmed lettuce.
3. One hundred French rolls (5 oz each (114g) can be substituted for French Bread in step 1.

Tuna Salad Sandwiches

N-15

Yield: 100 portions

Each portion: 1 sandwich

Ingredients	Percentage	Pounds	Grams	Procedure
Tuna drained	28.11	8.75	3973	1. Drain tuna, remove and discard bones and skin. Mash tuna.
Onions, dry, chopped	6.02	1.88	854	2. Combine tuna, onions, juice and salad dressing; mix together lightly.
Juice, lemon	1.61	0.50	227	
Salad Dressing	6.43	2.00	908	
Bread, thin sliced	38.55	12.00	5448	3. Spread 1 slice buttered bread with 1/3 cup filling; top with lettuce and second slice of buttered bread.
Butter or margarine, whipped	6.43	2.00	908	
Lettuce, fresh trimmed	12.85	4.00	1816	
Totals	100.00	31.13	14134	

Note:

1. One and a half pounds (681g) A.P. (6 lemons) will yield 1 cup juice
2. One and a half pounds (681g) chopped sweet cucumbers pickles may be substituted for onions in step 2.
3. Five pounds (2270g) lettuce A.P. will yield approximately 4 lbs (1816g) trimmed.

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